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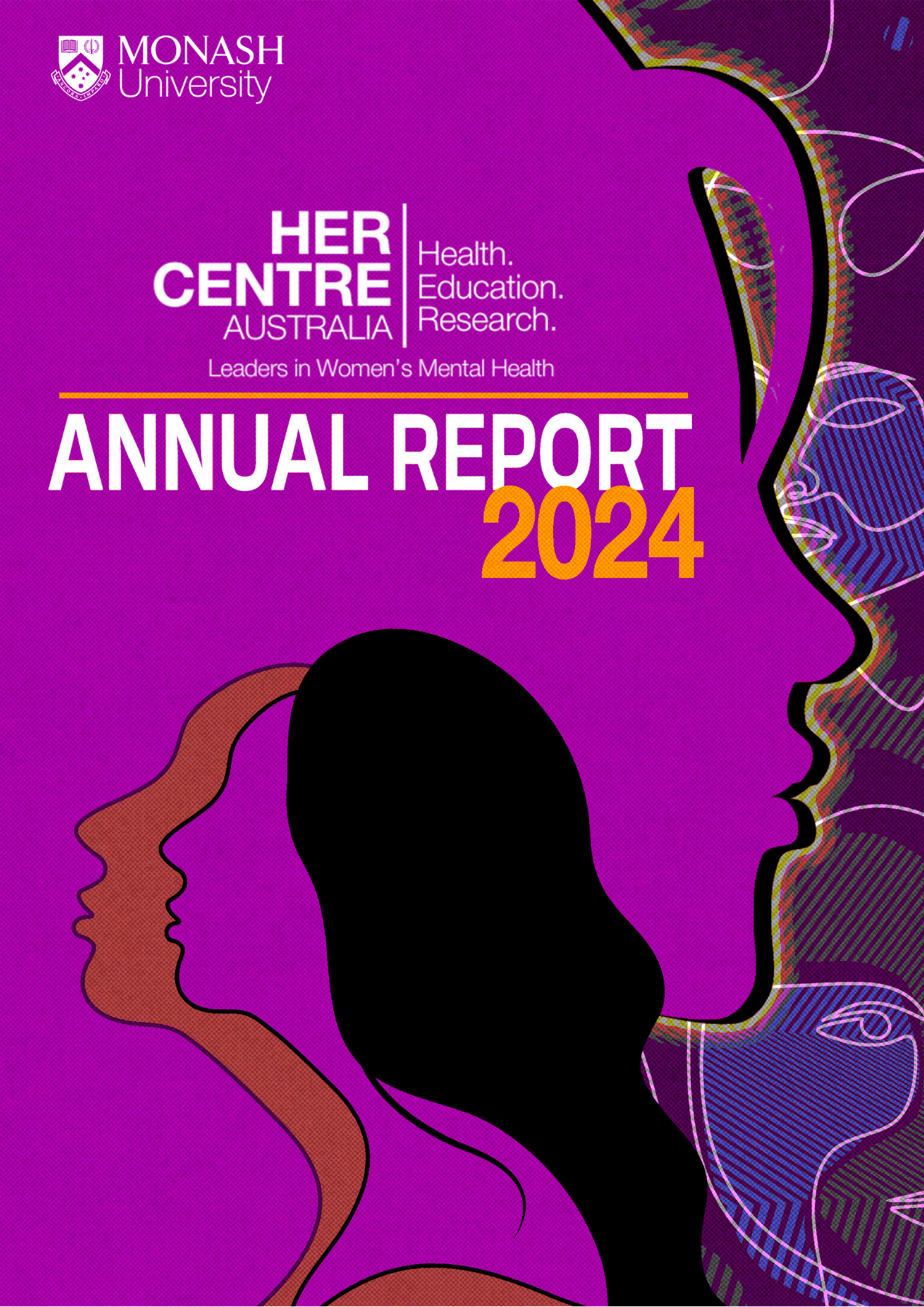
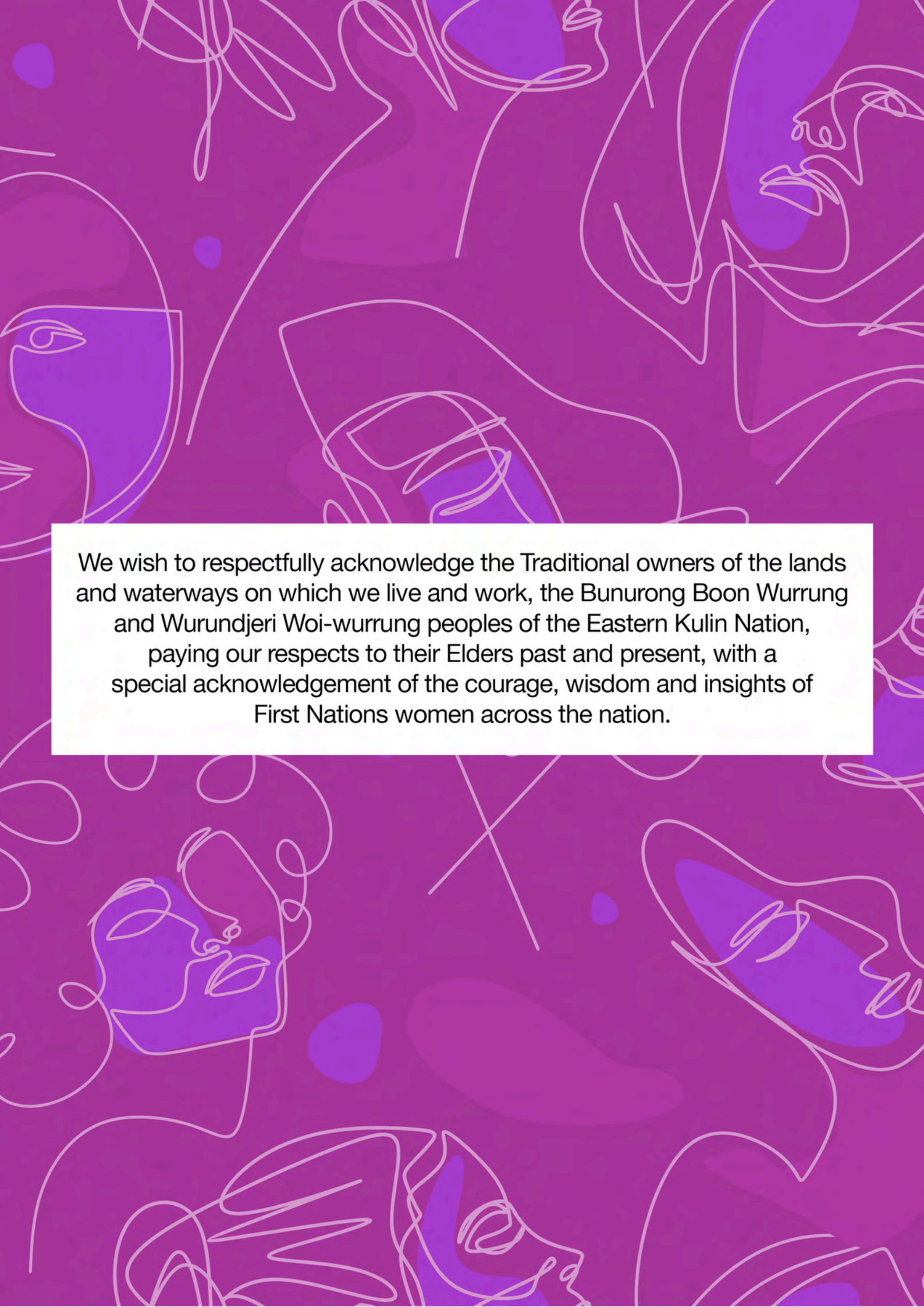
HER CENTRE AUSTRALIA

Health. Education. Research.

Leaders in Women's Mental Health

ANNUAL REPORT 2024





We wish to respectfully acknowledge the Traditional owners of the lands and waterways on which we live and work, the Bunurong Boon Wurrung and Wurundjeri Woi-wurrung peoples of the Eastern Kulin Nation, paying our respects to their Elders past and present, with a special acknowledgement of the courage, wisdom and insights of First Nations women across the nation.

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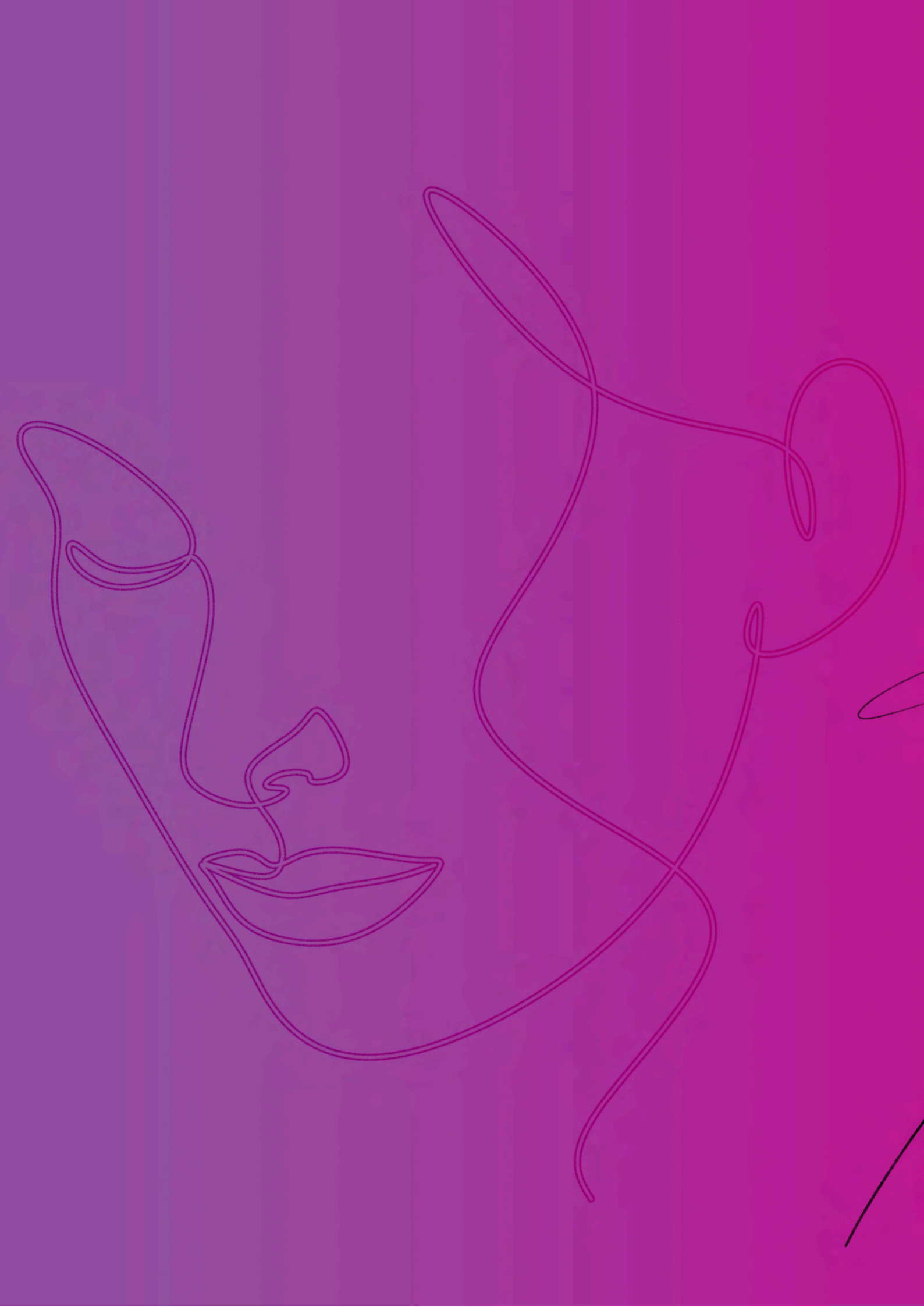

SECTION ONE

About
HER Centre Australia

Monash University's HER Centre Australia is Australia's leading source of research in women's mental health, guided by the leadership and expertise of Director, Professor Jayashri Kulkarni AM.

Co-located with the internationally renowned Multidisciplinary Alfred Psychiatry Research Centre (MAPrc), and Monash University's Department of Psychiatry within the School of Translational Medicine, HER Centre Australia was established in May 2022 as a continuation of decades of work in driving world-leading research, education and treatment for women's mental health.

Uniquely dedicated to improving health outcomes, education and research in women's mental health, HER Centre Australia draws from the expertise of its clinicians and researchers to help develop world-first gender-tailored innovative treatments and interventions through world-class research.

HER Centre Australia comprises a number of specialist focus groups, including Women's Mental Health, the Cognition & Hormones Group, the Li Transformative Hub for Research in Eating Disorders (Li-THRED) and the Brain Stimulation Lab.

HER Centre Australia is staffed by a multidisciplinary team that includes psychiatrists, psychologists, doctors, research professionals, higher degree students, and administration staff, and has fast established itself at the forefront of new hope and discovery for improving quality of life for women with mental illness globally.

Discover more:

HER Centre Australia Leadership Team

DIRECTOR
Prof. Jayashri Kulkarni AM

DEPUTY DIRECTOR
A/Prof. Caroline Gurvich

MANAGER
Mr. Anthony de Castella

CLINIC MANAGER & EXECUTIVE ASSISTANT TO PROF. KULKARNI
Mrs. Marie Iglesias

SENIOR CLINICAL TRIALS MANAGER
Ms. Emorfia Gavrilidis

ORGANISATIONAL CHART

School of Translational Medicine

HER CENTRE AUSTRALIA
Health. Education. Research.
Leaders in Women's Mental Health

Director: Prof. Jayashri Kulkarni AM
Deputy Director: A/Prof. Caroline Gurvich
Manager: Mr. Anthony de Castella

Women's Mental Health
Head: Prof. Jayashri Kulkarni AM
Manager: Dr Eveline Mu

Li Transformative Hub for Research in Eating Disorders (Li-THRED)
Head: Prof. Jayashri Kulkarni AM
Manager: Emmy Gavrilidis

Cognition & Hormones Group
Head: A/Prof. Caroline Gurvich

Brain Stimulation in WMH
Head: Dr. Leo Chen
Manager: Dr. Lizzie Thomas

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Key Collaborator & Partner Organisations:

MAPrc
We mend minds
Part of AlfredHealth

Multidisciplinary
Alfred Psychiatry
research centre

AlfredHealth

Cabrini

Peninsula Health

Note from the Director

2024 proved to be yet another landmark year of growth and achievement for us at HER Centre Australia.

From continued progress and promising early results in our clinical research, to the successful staging of the second Asia-Pacific Conference on Women's Mental Health, we take great pride in how our centre has continued to establish itself at the forefront of revolution in the recognition of and dedication to women's mental health.

Perhaps most pleasingly, 2024 was also a year which welcomed some long overdue and much needed steps of progress in establishing women's mental health as the priority that it should be, both nationally and on the world stage. This includes the Australian Federal Government's holding of a Senate inquiry into issues related to Perimenopause and Menopause, which resulted in the handing down of 25 total recommendations, including an acknowledgement of the vitally important role of research in better understanding and responding to the mental health impacts of perimenopause and menopause.

Crucially, this progress has been and continues to be driven by the voices of women themselves, and it is undoubtedly their courage and strength that most inspires us here at HER Centre Australia, as we remain steadfast in our dedication to the mission of making women's mental health a true national priority.

Of course, none of our work would be possible without the generosity of our supporters and collaborators, including our patients, participants and their families. We not only extend our sincerest thanks to each of them, but also look forward to continuing to stand alongside them in this vital mission, as we now turn our attentions to 2025 and beyond.

Professor Jayashri Kulkarni AM
Director
HER Centre Australia

Note from the Manager

2024 was a dynamic and successful year for HER Centre Australia. We continued our ground-breaking work in women's mental health, including the ongoing recruitment for our Li-THRED program projects and a diverse range of intervention trials. A major highlight was also the successful staging of the second Asia-Pacific Conference on Women's Mental Health, reinforcing our leadership in this critical field.

Team Updates

From a personnel management perspective, while we are fortunate to have a stable and dedicated team of researchers, in 2024 we welcomed several new team members, while also bidding farewell to valued colleagues.

- **Li-THRED Research Assistant:** Karen Goldschlager commenced parental leave in preparation for the arrival of baby Toby. In her place, we welcomed Ella Plant, who holds a Bachelor of Science Advanced – Global Challenges (Honours) and who has quickly adapted to her role in participant recruitment for anorexia nervosa treatment trials.
- **Psychiatry Registrar:** Dr. Jess Chiodo-Reidy completed her rotation and was succeeded by Dr. Lauren Chiu from Melbourne Health, who now provides psychiatric and medical input across all clinical trials in the department.
- **Brain Stimulation Team:** Kaila Bianco's departure saw the arrival of Dr. Chitra Vinnakota, who brings a PhD in Neuroscience from Monash University.
- **Events and Marketing:** In June, we farewelled our Events and Marketing Manager, Gill McPhee. She was succeeded by Shenali Fernando, who, alongside newly appointed Communications Manager James Cutler, managed our marketing, events, and communications—including the execution of the second Asia-Pacific Conference on Women's Mental Health.
- **Special Projects:** Adoria Li, who played a key role in short courses, conference planning, and the 2023 annual report, moved on to new opportunities, with this portfolio of duties assumed by James Cutler as a part of his dual role as Senior Project Officer.

Conference Success

Building on the momentum of our inaugural event in 2023, we hosted the second Asia-Pacific Conference on Women's Mental Health at the Hotel Chadstone, Chadstone Shopping Centre. Attendance increased by over 25% and, thanks to the generosity of our sponsors, we generated surplus funding to directly support ongoing research and initiatives. We remain deeply grateful to The Cubit Family Foundation for funding scholarships that enabled clinical psychiatrists from low- and middle-income countries to attend. Additionally, recordings of both the 2023 and 2024 conferences are now available for purchase for those who could not attend in-person.

Financial Outlook & Research Funding

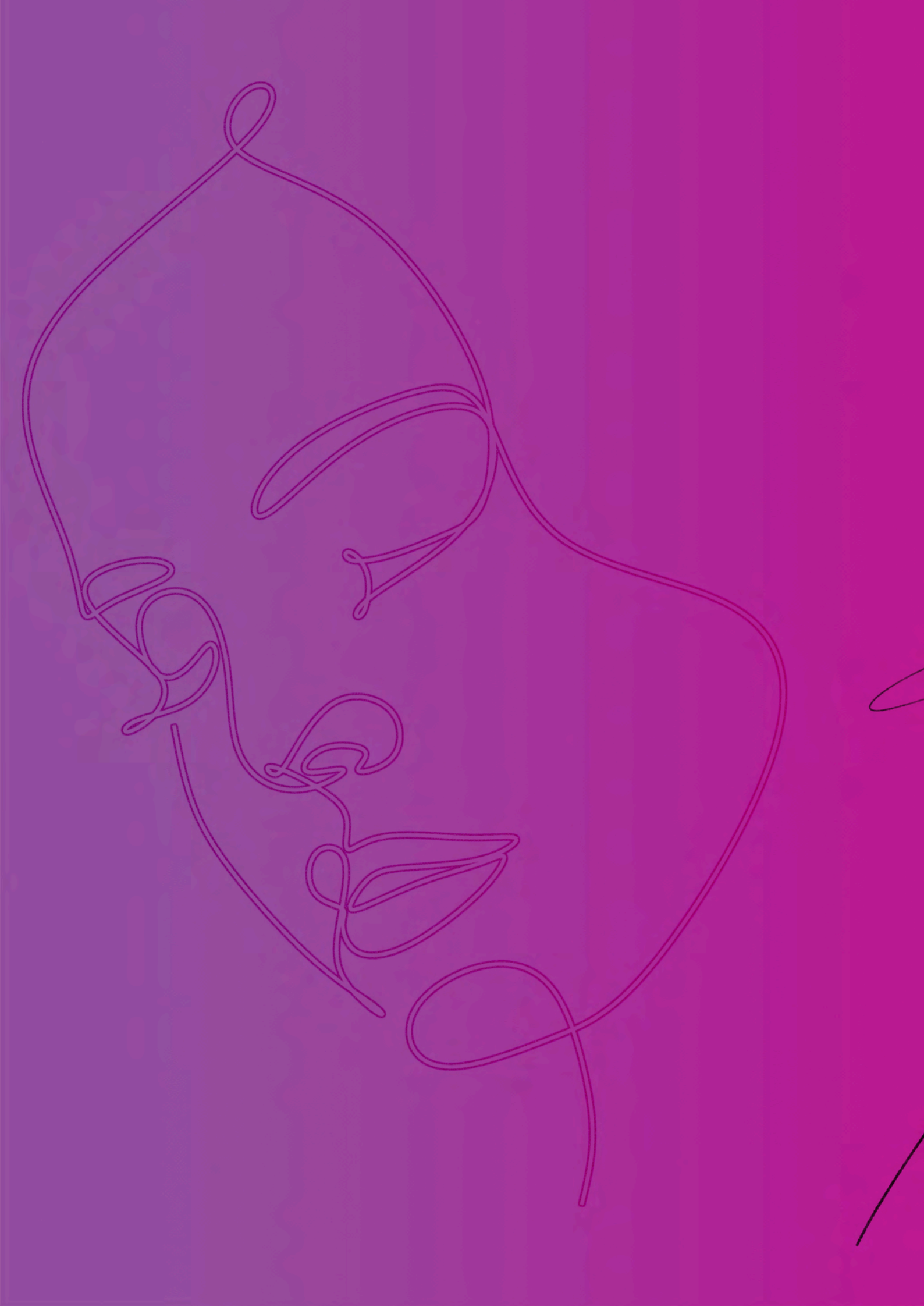
Securing research funding remains a continuous challenge, and we commend our dedicated senior researchers for their tireless efforts in securing highly competitive grants. Our work would also not be possible without the generosity of our philanthropic sponsors and donors, whose support remains critical to advancing our mission.

Looking Ahead

2024 was a year of growth, achievement, and impactful contributions to women's mental health research. These successes are a testament to the dedication, passion, and perseverance of our entire team.
As we move forward, we remain committed to driving innovation, expanding our research, and enhancing our contributions to the field.

Onward and Upward!

Anthony de Castella
Manager
HER Centre Australia



SECTION TWO

Research at HER Centre Australia

RESEARCH

Research forms the backbone of HER Centre Australia, with a central mission of translating basic and clinical research conducted on site into new treatments and interventions to make tangible, positive changes to the lives of women experiencing mental ill-health.

All research and clinical trials are co-conducted alongside participants and informed by lived experience, with all participants in our trials viewed as key collaborators, and not subjects.

Our multidisciplinary, collaborative approach has seen over three decades of success, yielding results that have directly influenced worldwide clinical practice in the treatment of women's mental health.

All our clinical trials are approved by the Alfred Health Human Research and Ethics Committee, and are conducted in accordance with good clinical research practice guidelines.

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ProShield Soft FR Loop
50 pieces
Earloop Fastening Mask, Level 2

WOMEN'S MENTAL HEALTH

For women, a complex interaction of biological, psychological and social factors can contribute to the development and exacerbation of mental ill-health, leading to a range of challenges unique to women. Consequently, the most effective treatments for mental health conditions such as depression, anxiety, complex trauma disorders, self-harm and addiction disorders are different for women when compared to men.

Similarly, conditions such as Premenstrual Dysphoric Disorder (PMDD) and the mental health impacts of menopause and perimenopause are uniquely faced by women, and require tailored treatment.

The multidisciplinary Women's Mental Health team at HER Centre Australia is committed to using the insights of years of experience in women's mental health to research and develop revolutionary gender-tailored treatments and interventions.

WOMEN'S MENTAL HEALTH

Prof. Jayashri Kulkarni AM
HEAD & PRINCIPAL INVESTIGATOR

Dr. Eveline Mu
MANAGER

A/Prof Caroline Gurvich
RESEARCH FELLOW

Dr. Rebecca Ho
MEDICAL OFFICER

Dr. Nadya Lazareva
MEDICAL OFFICER

Dr. Tina Liu
PSYCHOLOGIST & STUDY RATER

Prue Read
RESEARCH NURSE

Marta Malicka
RESEARCH ASSISTANT

Lucy Ingleby
RESEARCH ASSISTANT

Emorfia Gavrilidis
SENIOR CLINICAL TRIALS MANAGER

Dr. Lauren Chiu
PSYCHIATRY REGISTRAR

Mizan Ahmed
PROVISIONAL PSYCHOLOGIST & STUDY RATER

Ebony Rauer
RESEARCH ASSISTANT

Amanda Karagiannidis
RESEARCH ASSISTANT

Elyssa Osianlis
RESEARCH ASSISTANT

Dr. James Tranter
PSYCHIATRY REGISTRAR

MONASH University

2024 RESEARCH – WOMEN'S MENTAL HEALTH

• The Alison Project: A randomised double-blind placebo controlled investigation of adjunctive memantine in the treatment of symptoms of complex trauma disorder (also known as borderline personality disorder)

PRINCIPAL INVESTIGATOR: Professor Jayashri Kulkarni AM
ASSOCIATE INVESTIGATORS: A/Prof Caroline Gurvich, Dr Eveline Mu, Dr Rebecca Ho

Despite the high prevalence, economic impost and individual suffering, biological research in cPTSD remains in its infancy. A different approach seeking new treatment options is urgently needed, with a possible way forward being to view cognitive disturbance in cPTSD as underpinning all the key symptoms, including emotional instability, aggression, impulsivity, dissociation, memory difficulties and learning impairments. The glutamatergic system, in particular the N-methyl-D-aspartic acid (NMDA) subtype receptor, is increasingly recognised for its role in cPTSD, with recent neurobiological research linking NMDA neurotransmission dysfunction (overactivity) to cPTSD symptomatology. Memantine is an NMDA antagonist that has been used to improve cognition in Alzheimer's disease.

TRIAL OBJECTIVE: The Alison Project investigates the use of memantine 20mg (compared to placebo) in women with cPTSD and aims to improve symptom severity using validated and sensitive measures.

• A randomised placebo controlled trial of estradiol for the treatment of women with borderline personality disorder

PRINCIPAL INVESTIGATOR: Professor Jayashri Kulkarni AM
ASSOCIATE INVESTIGATORS:
A/Prof Caroline Gurvich, Dr Eveline Mu, Dr Rebecca Ho

Estradiol (estrogen) is an ovarian hormone that plays an important role in mood and thinking. Previous research has demonstrated that fluctuations of these hormones, or a sensitivity to such fluctuations may impact symptoms that are affected in CTD (aka BPD). Estradiol transdermal patches are approved for marketing by the Therapeutic Goods Administration (TGA) in Australia, however estrogen has not yet been approved for use in the treatment of complex trauma disorder in Australia or other countries, and this study is considered experimental.

TRIAL OBJECTIVE:
The purpose of this study is to investigate the use of the ovarian hormone estrogen, in addition to any existing treatments, for the symptoms of complex trauma disorder.

• Bazedoxifene – A New Selective Estrogen Receptor Modulator Treatment for Women with Schizophrenia: a double-blind, randomized, placebo controlled trial

PRINCIPAL INVESTIGATOR: Professor Jayashri Kulkarni AM
ASSOCIATE INVESTIGATORS: A/Prof Caroline Gurvich, Dr Eveline Mu, Dr Rebecca Ho

Bazedoxifene is a Selective Estrogen Receptor Modulator (SERM), which means that it can use the positive effects of estrogen (e.g. improving emotional symptoms, memory, information processing, concentration, and bone density improvements), without having an effect on other parts of the body, such as the breast and ovaries.

TRIAL OBJECTIVE: This research project investigates the use of a SERM for the treatment of schizophrenia. The purpose of this project is to investigate the effects of Bazedoxifene (a new form of estrogen) as a treatment for women with schizophrenia.

• Bazedoxifene – A New Selective Estrogen Receptor Modulator Treatment for Men with Schizophrenia: a double-blind, randomized, placebo controlled trial

PRINCIPAL INVESTIGATOR: Professor Jayashri Kulkarni AM
ASSOCIATE INVESTIGATORS: A/Prof Caroline Gurvich, Dr Eveline Mu, Dr Rebecca Ho

• A randomised double-blinded interventional pilot of Zoely and Zoloft to treat Premenstrual Dysphoric Disorder (PMDD)

PRINCIPAL INVESTIGATOR: Professor Jayashri Kulkarni AM
ASSOCIATE INVESTIGATORS: A/Prof Caroline Gurvich, Dr Eveline Mu, Dr Rebecca Ho

Premenstrual dysphoric disorder (PMDD) is a common condition that causes significant distress and disruption to many women's lives, yet treatment options for PMDD remain limited. However, as newer forms of combined oral contraceptive pills are becoming available, investigation of their efficacy in treating and/or alleviating symptoms of PMDD urgently needed.

TRIAL OBJECTIVE: The study aims to investigate whether nomegestrol acetate/17-beta estradiol (Zoely) or sertraline (Zoloft) is more effective in reducing symptoms of PMDD.

• Are hormonal contraceptives linked to depressed mood? A large observational study

PRINCIPAL INVESTIGATOR: Professor Jayashri Kulkarni AM
ASSOCIATE INVESTIGATORS: A/Prof Caroline Gurvich, Dr Eveline Mu

The physical risks associated with taking hormonal contraceptives are well described, however, less is known about the psychological effects. We aim to conduct an Australian-first observational trial of approx. 300 women who have or are taking hormone contraception and compare the average mood and affect ratings of women using different types of contraception. We will be comparing users of oral contraceptive medications with users of other, non-oral, forms of hormonal contraception and with women who do not use any form of hormonal contraception. The details of their mental health now and past will be collected to produce an assessment of the most to least depressive contraception.

TRIAL OBJECTIVE: The research project aims to investigate whether the mood of women who are currently using contraceptive medication differs from the mood of women not using this medication and to explore some of the factors that might explain any difference. Furthermore, we wish to establish whether there exists a subpopulation(s) of women who are more vulnerable to experiencing a lowering of mood following the administration of a hormonal contraceptive. The findings from this study will then be used for the dissemination and education of women and healthcare professionals to allow for high-quality family planning.

• A randomised double-blinded interventional trial of Estradiol and Zoloft to treat Menopausal Depression

PRINCIPAL INVESTIGATOR: Professor Jayashri Kulkarni AM
ASSOCIATE INVESTIGATORS: A/Prof Caroline Gurvich, Dr Eveline Mu, Dr Rebecca Ho

Depressive symptoms are prevalent among middle-aged women, especially during the menopausal transition. However, the impact of menopause on depression is often overlooked, leading to inadequate treatment and poor outcomes. While current guidelines recommend traditional antidepressants as first-line management, the evidence for hormonal therapy is limited. To address this gap, our new clinical trial compares the efficacy of Menopause Hormone Therapy and antidepressants in treating menopausal depression. Given menopausal depression most likely stems from hormonal fluctuations, it is hypothesised that hormonal treatments are more appropriate than antidepressants.

TRIAL OBJECTIVE: This Study aims to compare the psychological and physical outcomes for women experiencing a first-onset relapse or persistent depressive symptoms that commenced during menopause in two groups:
i) 50mcg transdermal estradiol + 100mg oral prometrium per day,
and ii) women taking SSRI Zoloft 100mg per day + placebo patch.

• Amber's Alert - The Objective Diagnosis of Early Psychosis

PRINCIPAL INVESTIGATOR: Professor Jayashri Kulkarni AM
ASSOCIATE INVESTIGATORS: A/Prof Caroline Gurvich, Dr Eveline Mu

Many mental health conditions have a long evolutionary trajectory, leading to various risks and an overall deterioration in functioning over time. However, diagnosing and treating mental illness in its early stages remains a significant challenge and a crucial area for improvement. One of the primary challenges lies in accurately differentiating between Early Psychosis and its prodrome, Borderline Personality Disorder, complex Post-Traumatic Stress Disorder, and Affective disorders. The overlapping symptoms and complex nature of these conditions make it difficult to provide an accurate diagnosis and determine the most effective treatment strategies.

TRIAL OBJECTIVE: To address the gap in timely and accurate diagnosis, we propose developing a diagnostic kit that includes revised scales and objective biological markers. This kit, called Amber's Alert, aims to assist clinicians in general healthcare facilities including hospital Emergency Departments in accurately differentiating between these conditions. By incorporating updated assessment tools and objective markers, we can improve diagnostic accuracy and enhance treatment planning for women, men, trans and gender-diverse people with mental health conditions.

• National Study in Antidepressant use in Pregnancy (NRAMP)

PRINCIPAL INVESTIGATOR: Professor Jayashri Kulkarni AM
ASSOCIATE INVESTIGATORS: A/Prof Caroline Gurvich, Dr Eveline Mu

Major depression in women during their childbearing years is extremely common and associated with high morbidity and mortality. As a result, the use of antidepressant medications during pregnancy is widespread. Making decisions about using antidepressants during pregnancy can be difficult, as it requires balancing the mother's mental health with the developing baby's well-being. While antidepressant use in pregnancy may be considered a risk to the infant's health, discontinuing treatment carries the risk of severe maternal depression relapse and, at times, suicidality. Recent evidence suggests that the risk of antidepressant intake during pregnancy for the baby is small or non-existent, and the risk of poor maternal and baby outcomes is small to medium. However, these studies do not clearly indicate the long-term effects, which is concerning.

TRIAL OBJECTIVE:

This study has begun data collection and now we will focus on the one-year follow-up of a three-year study. We aim to change the narrative by tracking mothers throughout their pregnancy and their children for three years after antidepressant use during pregnancy. Most studies focus on short-term outcomes, but this study aims to capture the bigger picture by understanding the lasting effects of antidepressant use during pregnancy.

• Bazedoxifene and Conjugated Estrogen for Menopausal Depression

PRINCIPAL INVESTIGATOR: Professor Jayashri Kulkarni AM
ASSOCIATE INVESTIGATORS: A/Prof Caroline Gurvich, Dr Eveline Mu, Dr Rebecca Ho

In addition to physical changes women experience during the perimenopause phase, some also face severe mood symptoms for the first time, despite having no previous psychiatric history. The term "perimenopausal depression" refers to the onset or relapse of depression coinciding with changes in reproductive hormones. Many women with perimenopausal depression experience long-term, debilitating symptoms. Traditional approaches for managing major depression, such as the use of antidepressants like selective serotonin reuptake inhibitors (SSRIs) and serotonin-norepinephrine reuptake inhibitors (SNRIs), are commonly the first-line treatments. However, antidepressant treatment for perimenopausal depression has shown only modest improvements, and in some cases, it is associated with severe side effects. A potential contributing factor to treatment-resistant depression in perimenopausal women is the lack of stable circulating estrogen, which typically acts as a natural enhancer of antidepressant efficacy.

TRIAL OBJECTIVE:

This project aims to investigate the effects of daily bazedoxifene (20mg) combined with conjugated estrogen (0.30mg) compared with a placebo in women with perimenopausal depression, focusing on the improvement of depressive symptoms. Additionally, the study will explore whether combining these treatments with SSRIs and SNRIs offers enhanced benefits. The secondary exploratory aims include investigating potential differences in eye-tracking assessments at baseline and after final visit between the bazedoxifene and placebo groups, with further analyses to explore potential predictors of treatment response.

COGNITION AND HORMONES GROUP

HER Centre Australia's Cognition and Hormones Group is focused on characterising cognition in a range of psychiatric and women's health conditions, with a particular emphasis on understanding critical links between sex hormones, stress and cognition.

The Hormones and Cognition Group uses a combination of traditional neuropsychological testing and eye-tracking technology to clearly characterise cognition across diverse mental health and cognitive disorders, such as perimenopause and menopause, depression and attention deficit hyperactivity disorder (ADHD).

COGNITION AND HORMONES GROUP

A/Prof Caroline Gurvich
HEAD

Jasmine Tadjibaeva
RESEARCH ASSISTANT

Elyssa Osianlis
PHD STUDENT & RESEARCH ASSISTANT

Harjit Surindera Bagga
PHD STUDENT

Chen 'Vanessa' Zhu
PHD STUDENT

2024 PROJECTS

• Brain Fog and Menopause

This research area seeks to better understand the perceived experience of menopausal 'brain fog' and characterise objective cognitive change across natural menopause transition, as well as during surgical menopause (for example in women who have their ovaries removed to reduce the risk of ovarian cancer). Projects in this space include:

MENO-COG

PRINCIPAL INVESTIGATOR: A/Prof Caroline Gurvich
ASSOCIATE INVESTIGATORS: Prof Jayashri Kulkarni AM, Dr Elizabeth Thomas, Dr Eveline Mu, Dr Qi Li

Community based studies suggest around 60% of women experience change in their thinking skills, often described as 'brain fog' during the menopause transition years. The causes of brain fog and the association between brain fog and objective cognitive performance is poorly understood.

TRIAL OBJECTIVE:

Meno-COG is a longitudinal online, survey based study to assess subjective cognitive changes (brain fog) as well as objective cognitive performance across the menopause transition and learn about whichlifestyle factors improve or predict brain fog. This research area seeks to better understand the perceived experience of menopausal 'brain fog' and characterise objective cognitive change across natural menopause transition.

EM-COG (Early Surgical Menopause and Cognition)

PRINCIPAL INVESTIGATOR: A/Prof Caroline Gurvich
ASSOCIATE INVESTIGATORS:
Prof Jayashri Kulkarni AM, Dr Elizabeth Thomas, Prof Martha Hickey, A/Prof Amanda Vincent

Women who experience early surgical menopause, prior to the age of natural menopause, are at a greater risk for later life cognitive decline. There is little research exploring whether there are cognitive symptoms in the years immediately following surgical menopause. Our qualitive research has suggested that within the first two years following surgical menopause, women are likely to experience changes in mood and cognition.

TRIAL OBJECTIVE:

EM-COG is a longitudinal study examining the mood and cognitive changes that can occur following surgical menopause, prior to the age of natural menopause, in women who are at high genetic risk of ovarian cancer (BRCA 1/2). 40 women are enrolled in this study prior to having their ovaries removed (surgical menopause group) or not having their ovaries removed. All women are then followed prospectively for 24 months, with mood and neuropsychological assessments, to enable us to investigate the effects of early, surgical menopause.

Cognitive Resources for Women during Menopause

PRINCIPAL INVESTIGATOR: A/Prof Caroline Gurvich
ASSOCIATE INVESTIGATORS: Prof Jayashri Kulkarni AM, Dr Elizabeth Thomas, A/Prof Shalini Arunogirit

Despite brain fog being a relatively common experience during menopause, there are limited resources available to help explain cognitive symptoms or help manage cognitive symptoms.

TRIAL OBJECTIVE:

The goal of this project is to work with perimenopausal women, clinicians and professional women working in the area of menopause, to develop and then a cognitive tool kit for women to help them maximise their cognition during menopause.

• ADHD in Women

PRINCIPAL INVESTIGATOR: A/Prof Caroline Gurvich
ASSOCIATE INVESTIGATORS:
Prof Jayashri Kulkarni AM, Dr Elizabeth Thomas, Dr David Chapman, Prof Mark Bellgrove, Dr Tamara May

There are clear sex differences in the prevalence and presentation of ADHD. There also appears to be relationships between hormonal changes during life's reproductive stages and ADHD, although research is very limited.

TRIAL OBJECTIVE:
The goal of this research is to conduct an online survey to ask women with ADHD about their experiences of ADHD symptoms across different life stages, such as the menstrual cycle, pregnancy and menopause.

• Hormones and the Mind

PRINCIPAL INVESTIGATOR: A/Prof Caroline Gurvich
ASSOCIATE INVESTIGATORS:
Prof Jayashri Kulkarni AM, Dr Natalie Thomas, Dr Elizabeth Thomas, Dr Eveline Mu, Dr Qi Li

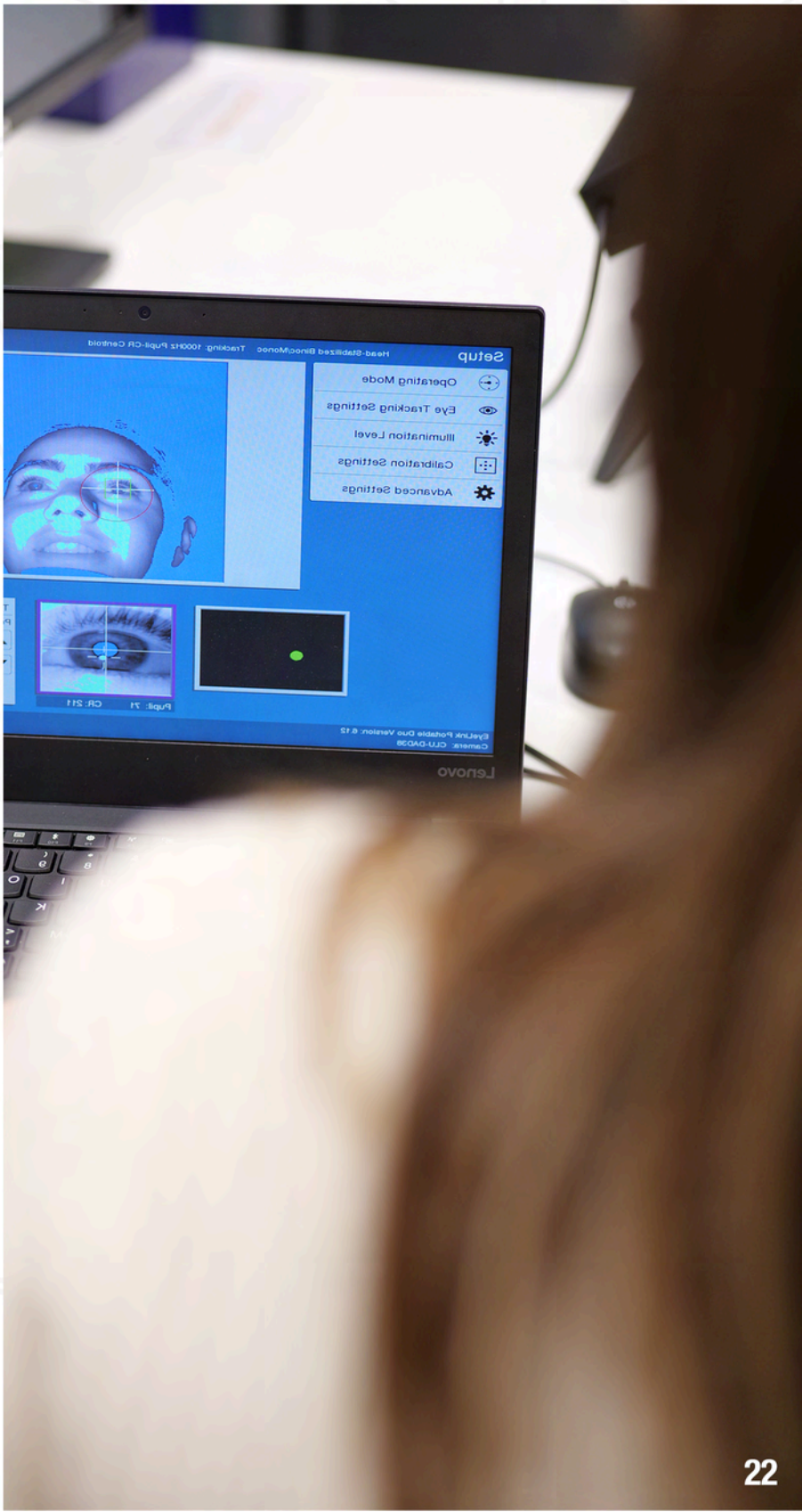
Hormonal fluctuations across the menstrual cycle can significantly impact mental health and wellbeing. For example, during different phases of the cycle, some women might experience shifts in mood, memory, attention, and decision-making abilities. Some women experience debilitating premenstrual mood disorders. Understanding how hormonal changes impact mood and cognition and investigating markers to help determine which women are more sensitive to hormonal fluctuations is important for the development of tailored interventions for mental well-being.

TRIAL OBJECTIVE:
This longitudinal, observation study commenced in 2019 and tracks menstrual cycle, mood and cognition (including neurophysiological markers such as eye tracking) across two menstrual cycles in healthy women, women with premenstrual mood disorders, including premenstrual dysphoric disorder, and women with ADHD. Biological samples are collected to determine relationships between hormones and cognition and store samples for later genetic, epigenetic and proteomic analyses. Information on early life trauma is collected to investigate the role of early life trauma on hormonal sensitivities in premenstrual mood disorders and women with ADHD.

• Cognitive Training in Women's Mental Health (COGtrain)

PRINCIPAL INVESTIGATOR: A/Prof Caroline Gurvich
ASSOCIATE INVESTIGATORS: Prof Jayashri Kulkarni AM, Dr Nardia Zendarski

COGtrain is an 8-week cognitive training program (COGtrain) targeting cognitive symptoms experienced by women with mental ill-health. COGtrain was developed through a collaboration between HER Centre Australia and the Lisa Thurin Women's Health Centre, Cabrini Health, and funded through Perpetual Trustees. The program combines psychoeducation about cognition, with cognitive training strategies to improve memory (inc. working memory), attention, higher-level organisation, and decision-making.



TRIAL OBJECTIVE:

Phase one of the project (development of COGtrain) was completed in 2023. Phase two is an open label clinical trial to evaluate the effectiveness of COGtrain. This clinical trial was staged at the Lisa Thurin Women's Health Centre, Cabrini Health during 2024 and is due to be completed in 2025.

THE LI TRANSFORMATIVE HUB FOR RESEARCH INTO EATING DISORDERS (LI-THRED)

Established thanks to a generous donation from Dr David Li AM and Mrs Angela Li, the Li Transformative Hub for Research into Eating Disorders (Li-THRED) is a comprehensive and cutting-edge nucleus of research, clinical trials and advocacy for individuals living with eating disorders.

Li-THRED's foundation is built upon three primary pillars of focus, including:

- The assessment, discovery and delivery of new and/or improved approaches to the treatment of eating disorders
- Research and translation of novel biological links to the development of eating disorders
- Contribution to enhanced awareness and representation for the realities of living with eating disorders

Under the leadership of Professor Jayashri Kulkarni AM, Director of HER Centre Australia, Li-THRED is driven by a shared goal of paving the way for tangible improvements to the treatment and quality of life for people living with eating disorders around the globe.

LI-THRED

Prof Jayashri Kulkarni AM
HEAD

Emorfia Gavrilidis
SENIOR CLINICAL TRIALS MANAGER

Dr Eva Gregertsen
RESEARCH FELLOW

Dr Romi Goldschlager
CONSULTANT PSYCHIATRIST

Dr Eveline Mu
RESEARCH FELLOW

Ella Plant
RESEARCH ASSISTANT

Dr Rebecca Ho
MEDICAL OFFICER

Cindy Yu
DIETITIAN

Dr Lauren Chiu
PSYCHIATRY REGISTRAR

2024 RESEARCH

• A double-blinded randomised placebo-controlled trial of estradiol for the treatment of women with anorexia nervosa (E-TAN)

PRINCIPAL INVESTIGATOR: Professor Jayashri Kulkarni AM
ASSOCIATE INVESTIGATORS: Dr Rebecca Ho, Dr Eveline Mu, Dr Romi Goldschlager

Estrogen is a crucial regulator of mood and cognitive functions, with research consistently showing that estrogen levels can influence neurotransmitter symptoms in the brain, including serotonin levels which can play a significant role in mood regulation. Given that individuals with AN often experience mood disturbances, the mood-stabilsing effects of estradiol can be particularly beneficial, while estrogen also significantly affects appetite regulation through its influence on the brain's reward system and its modulation of neurotransmitters such as dopamine. Additionally, estradiol is linked with appetite-regulating hormones such as leptin and ghrelin. In individuals with AN, where appetite and weight regulation are severely disrupted, estradiol supplementation may help stabilise these functions. Lastly, one of the most severe physical health consequences of AN is reduced bone density, leading to a heightened risk of fractures and long-term bone health issues. High doses of estradiol have been shown to improve bone density, which is crucial for individuals with AN who often suffer from osteoporosis and other bone-related complications. Thus, by targeting key areas impacted by AN, such as mood, cognition, appetite, and bone density, estradiol has the potential to address both psychological and physiological challenges experienced by individuals with AN.

TRIAL OBJECTIVE:

This project aims to investigate the effectiveness of a transdermal estrogen patch in treating anorexia nervosa, with primary outcome measures of change in eating disorder symptoms (CHEDs) and change in Body Mass Index (BMI).

• Sodium Butyrate for Anorexia Nervosa – An Open-Label Proof of Concept Study (S-BAN)

PRINCIPAL INVESTIGATOR: Professor Jayashri Kulkarni AM
ASSOCIATE INVESTIGATORS: Dr Eveline Mu, Dr Rebecca Ho, Dr Romi Goldschlager

Sodium butyrate is a short-chain fatty acid produced naturally in the gut through fermentation of dietary fibres by gut microbiota. It is known for its powerful anti-inflammatory effects both locally in the gut and systematically throughout the body. Additionally, it has neuroprotective properties and can influence the way DNA is transcribed in the brain, impacting various physiological and psychological processes. Recent research has demonstrated that people with anorexia nervosa (AN) show heightened intestinal permeability and inflammation. This may in turn impact brain function and psychological well-being, via the gut-brain axis, thus playing a role in the development and persistence of the illness. As such, sodium butyrate holds promise as a treatment for AN due to its multifaceted effects on gut health and inflammation, which may in turn impact brain and behaviour. Additionally, one of the key advantages of sodium butyrate is that it is a natural product produced by the gut and can be taken as a dietary supplement. This makes it an acceptable and appealing treatment option for individuals with AN who may prefer natural and non-pharmaceutical interventions.

TRIAL OBJECTIVE:

This project aims to investigate the effects of daily sodium butyrate in women and men diagnosed with anorexia nervosa or atypical anorexia nervosa. The two primary outcomes measures are change in eating disorder symptoms and change in Body Mass Index (BMI), with this study to recruit fifteen participants with anorexia nervosa or atypical anorexia nervosa to receive daily sodium butyrate, with assessments every four weeks.

• A Double-Blinded, 4-Arm, Covariate-Adjusted Adaptive Clinical Trial for the Treatment of Anorexia Nervosa (AN4)

PRINCIPAL INVESTIGATOR: Professor Jayashri Kulkarni AM
ASSOCIATE INVESTIGATORS: Dr Eveline Mu, Dr Rebecca Ho, Dr Romi Goldschlager

Brexpiprazole is a partial agonist antipsychotic which simultaneously blocks and stimulates a range of neuroreceptors, acting as the messenger centre between individual neurons. This dual action is thought to influence the reward pathways and cognitive disturbances that frequently accompany anorexia nervosa (AN), including body image disturbance. Memantine is an NDMA receptor agonist which regulates one of the main neuroreceptors in the brain. By modulating glutamatergic activity, memantine may influence various neuropsychiatric conditions, including AN. Zinc is an essential micronutrient that has been investigated as a potential treatment for AN for several decades. Zinc deficiency is common in individuals with AN and is characterised by many of the symptoms experienced in AN, including decreased appetite, weight loss, altered taste, depression, and amenorrhea. In sum, individuals with AN experience many psychiatric and cognitive symptoms similar to those seen by disturbed function of the neurotransmitters GABA, glutamate and NMDA. Several drugs exist that target neuronal processes. These drugs have already been tested as being safe for humans, but have not been tested sufficiently, if at all, to determine whether they could be beneficial in the treatment of AN. Use of these medications may offer promising avenues to improve health outcomes for this challenging and often chronic disorder.

TRIAL OBJECTIVE:

This project aims to investigate the effects of brexpiprazole (1 mg oral/day), memantine (20 mg oral/day), and zinc (30 mg/day) on eating disorder symptoms and BMI, compared to placebo. The two primary outcome measures are change in eating disorder symptoms and change in Body Mass Index (BMI).

BRAIN STIMULATION IN WOMEN'S MENTAL HEALTH

The Brain Stimulation Lab at HER Centre Australia is led by a dedicated team of researchers whose work seeks to leverage translational neuroscience to better understand and treat neuropsychiatric disorders, with an approach built upon a foundation of collegiality and collaboration.

Together, the team of the Brain Stimulation Lab design and test novel therapies with the application of cutting-edge neuroscience techniques to pursue outcomes that meaningfully Impact function and improve quality of life for individuals living with mental ill-health.

BRAIN STIMULATION

Dr Leo Chen
HEAD

Dr Elizabeth Thomas
MANAGER & RESEARCH FELLOW

Dr Lisanne Jenkins
SENIOR RESEARCH FELLOW

Dr Andris Cerins
RESEARCH FELLOW

Dr Sera Manuele
RESEARCH FELLOW

Dr Rebecca Ho
MEDICAL OFFICER

Violet Francis
RESEARCH NURSE

Dr Chitra Vinnakota
RESEARCH ASSISTANT

Mimi Truong
RESEARCH ASSISTANT

Hazel Moores
LIVED EXPERIENCE INVESTIGATOR

Joelle Phua
VOLUNTEER

Tahlia Selzer
VOLUNTEER

MEDICAL OFFICERS AND PSYCHIATRY TRAINEES WORKING ON PROJECTS:

Dr Surina Butler
MEDICAL OFFICER

Dr Ria Jain
MEDICAL OFFICER

Dr Stephanie Kirkby
PSYCHIATRY REGISTRAR

Dr David Nguyen
PSYCHIATRY REGISTRAR

Dr Meghna Sharma
PSYCHIATRY REGISTRAR

Dr Pravik Solanki
PSYCHIATRY REGISTRAR

2024 RESEARCH – BRAIN STIMULATION

• Functional Connectivity-informed Individualised Transcranial Magnetic Stimulation Therapy for Anorexia Nervosa (FUNCTIAN) – An Open-Label Proof of Concept Study

PRINCIPAL INVESTIGATOR: Dr Leo Chen

ASSOCIATE INVESTIGATORS: Prof Jayashri Kulkarni AM, Dr Elizabeth Thomas, Dr Romi Goldschlager

This clinical trial investigates the use of rTMS in people who have Anorexia Nervosa (AN), to see if it might help improve their symptoms. rTMS is a non-invasive method of brain stimulation that involves the repeated application of magnetic pulses to your head via a 'coil'. rTMS is an established treatment for depression which has been proven to work in numerous clinical trials. Few studies have looked into rTMS treatment for AN, but results from those have been promising.

TRIAL OBJECTIVE: To evaluate if D-cycloserine augmentation enhances antidepressant efficacy of intermittent theta burst transcranial magnetic stimulation, and if D-cycloserine 50mg or 100mg augmentation induces superior antidepressant effects.

• A Consumer-Focused Evaluation of Qualitative and Functional Outcomes from Participation in the Functional Connectivity-informed Individualised Transcranial Magnetic Stimulation Therapy for Anorexia Nervosa (FUNCTIAN) Study (FOCUS)

PRINCIPAL INVESTIGATOR: Dr Leo Chen

ASSOCIATE INVESTIGATORS: Dr Stephanie Kirkby, Dr Meghna Sharma, Dr Elizabeth Thomas

There is increasing demand for the application of co-design principles to eating disorders research, particularly in the development of novel treatment options such as within the FUNCTIAN trial. This study, FOCUS, utilises co-design principles at each stage of study design and aims to evaluate qualitative, functional, and quality of life outcomes in persons living with anorexia nervosa over the duration of their participation in the FUNCTIAN trial. To the best of our knowledge, this is the first study which utilises lived experience co-design principles and which assesses the qualitative experience of participants within a novel therapeutic trial for eating disorders. It will also be the first co-designed qualitative study to evaluate the consumer experience with a brain stimulation therapy for anorexia nervosa.

TRIAL OBJECTIVE: To evaluate consumers' experiences over the course of their participation in a clinical trial, including qualitative data pertaining to functioning, quality of life and experiences over the course of their clinical trial participation.

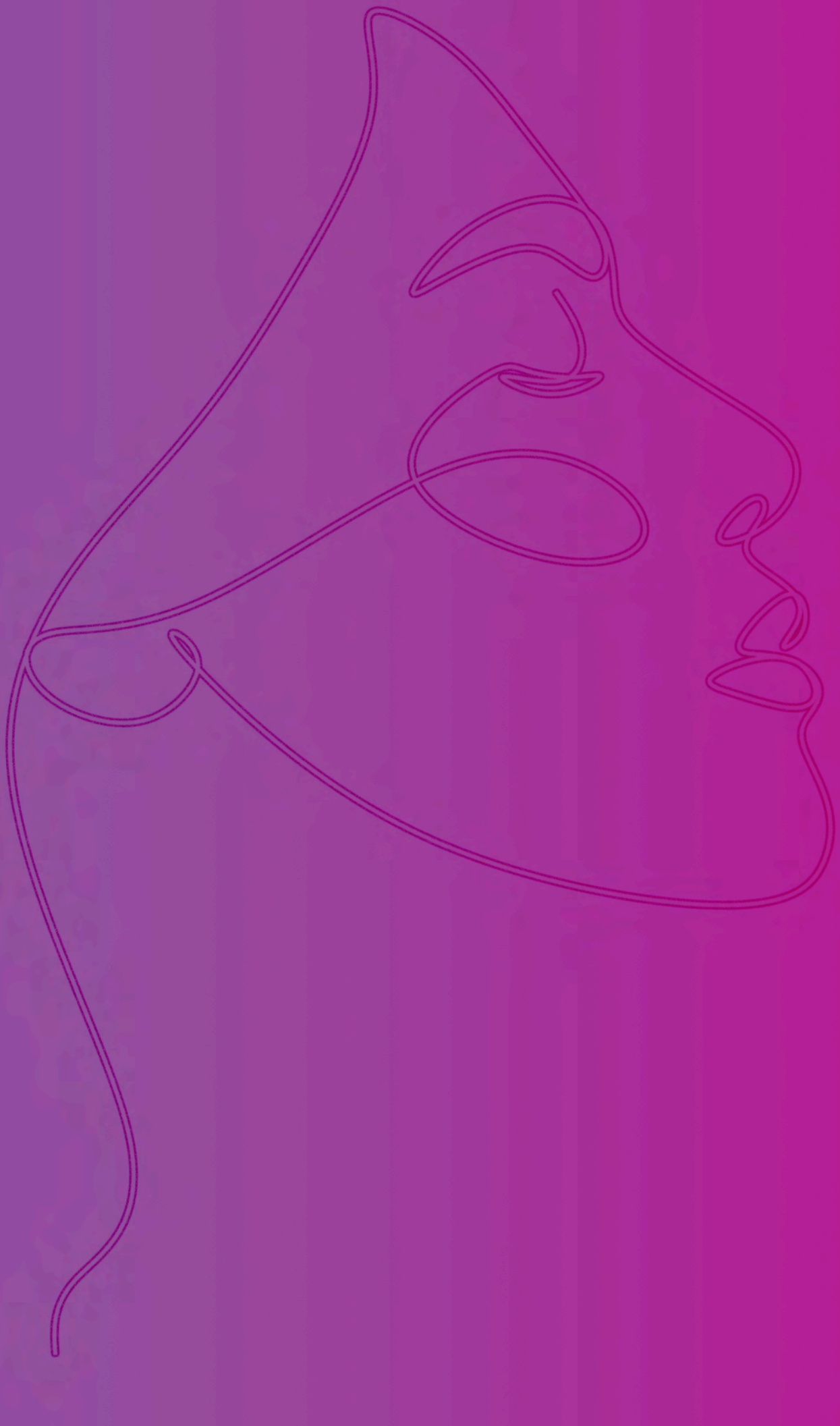
• Theta Burst Transcranial Magnetic Stimulation to Treat Premenstrual Dysphoric Disorder – An Open Label Pilot Study

PRINCIPAL INVESTIGATOR: Dr Leo Chen
ASSOCIATE INVESTIGATORS: Dr Elizabeth Thomas, A/Prof Caroline Gurvich, Prof Jayashri Kulkarni AM

The overall objective of this pilot study is to evaluate whether Transcranial Magnetic Stimulation (TMS), a non-invasive form of brain stimulation, is effective in the treatment of PMDD symptoms in women. PMDD is a depressive disorder that occurs in cycles due to hormonal changes in the menstrual cycle. As TMS has proven to be helpful for some people who experience depression, it may be effective in improving mood and other psychological symptoms in PMDD.

TRIAL OBJECTIVE:

To explore the efficacy of TMS as a suitable treatment for PMDD by comparing mood symptoms in the pre-treatment and treatment phases.



SECTION THREE

Health at HER Centre Australia

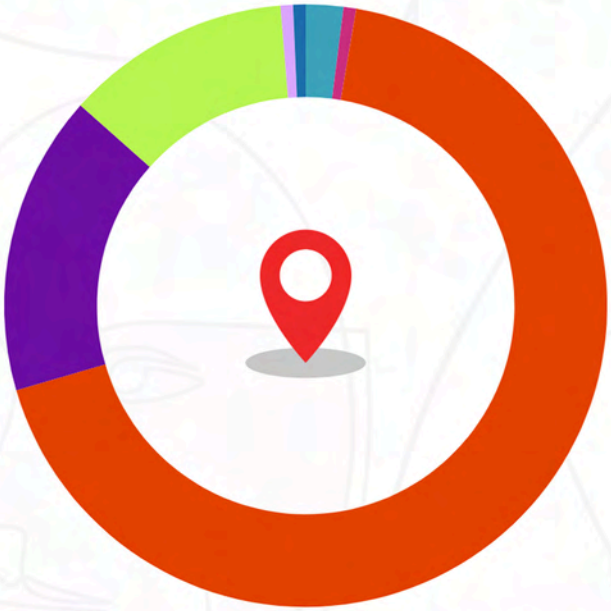
HEALTH

The Women's Mental Health Clinic is a collaborative effort between Alfred Health and Monash University. Led by Professor Jayashri Kulkarni AM, the clinic provides a tertiary medical, psychiatric, and endocrine consultation service with novel treatment approaches for women experiencing a range of mental illnesses, including schizophrenia, schizoaffective disorder, bipolar affective disorder, borderline personality disorder, menopause and menstrual-related depression and anxiety.

The clinic provides bulk-billed single session 'second opinion' consultations, combining physical health examinations with mental health assessments, to conclude with an assessment letter with new management suggestions that is provided to both referring doctors and patients themselves, to further emphasise and empower patients' central roles in their own care and management — affirming a principle of empowerment that is foundational to the clinic's model of care.

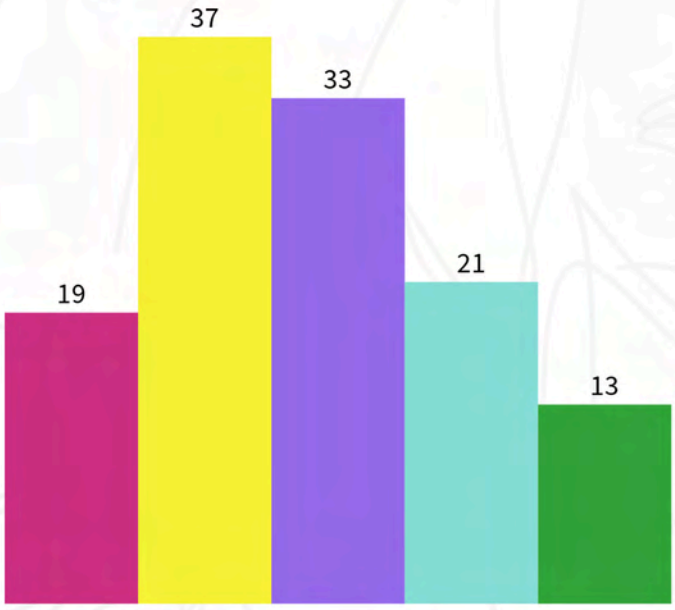
The HER Women's Mental Health Clinic saw another year of high demand in 2024, with a weekly average of six consultations and a total of 150 patients for the year.

SNAPSHOT – 2024 IN REVIEW



Source of referrals (location), 2024

- ACT (3)
- Hong Kong (1)
- VIC (Metro) (101)
- VIC (Rural) (24)
- NSW (18)
- QLD (1)
- TAS (1)



Patient Population Age/Generation Profile, 2024

- – 1969
- 1970 – 1979
- 1980 – 1989
- 1990 – 1999
- 2000 –

PATIENT FEEDBACK

"The medical expertise and empathy shown by you and your team have been invaluable to me - physically and mentally. I only wish I had been referred to your clinic sooner."

'Danielle'

"Quick, easy to understand and clear outcomes and directions. They saw through what others couldn't. I felt they were they only place to put into account other factors which are always treated separately. I felt valued, cared about and understood. I am really proud of my self for questioning my diagnosis and pushing for more answers and the HER clinic confirmed there was indeed more. Thank you once again for helping me, and allowing me to have a better quality life."

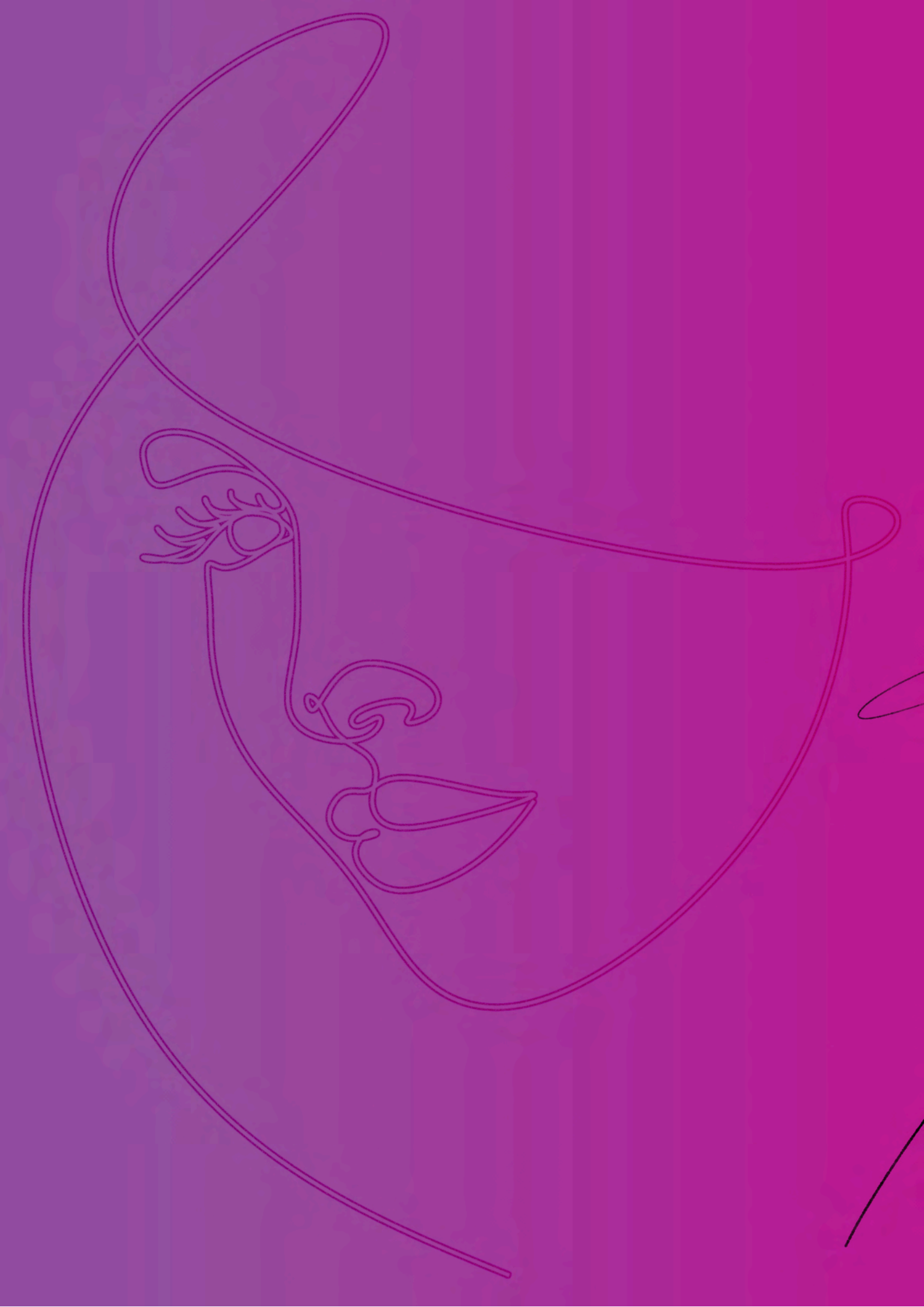
'Candice'

"Professor Kulkarni was incredibly 'present' and attentive during the consultation. The width and depth of her expertise made the session comforting and when we finished I felt heard and understood. Thank you so much Professor Kulkarni for your empathy and patience and for being such a great role model and beacon of hope for women in general and menopausal women in particular."

'Leila'

"The interaction with the psych dr and prof were very clear and effective, receiving research papers of the diagnosed conditions are very helpful and very much welcomed. Having the consultation over zoom was also great, it allowed me to stay in my own safe space and was very comforting."

'Giselle'



SECTION FOUR

Education at HER Centre Australia

WOMEN'S MENTAL HEALTH DIGITAL SHORT COURSES

In 2024, HER Centre Australia at Monash University reaffirmed its commitment to advancing education in women's mental health through its suite of accessible, evidence-based online short course. This course is designed to upskill healthcare professionals in delivering gender-informed mental health care to women across key stages of life.

This activity cultivates a 'new thinking' approach that empowers clinicians to enhance the mental health and wellbeing of women. Content draws on biological, psychological and social determinants of mental health across the lifespan.

The Women's Mental Health Online Short Course includes three dedicated modules: Adolescence, Midlife, and Perinatal.

Each course explores age-specific mental health conditions, underpinned by the latest research and clinical insights. Delivered in a flexible online format, participants are able to complete the modules at their own pace within a 12-month period.

Each module is accredited with 5.0 Continuing Professional Development (CPD) hours and recognised by professional bodies such as:

- The Royal Australian and New Zealand College of Psychiatrists
- The Australian Psychological Society
- The Royal Australian College of General Practitioners

COURSE CONTENT

- **Adolescence Module:**
  Covers complex post-traumatic stress disorder (c-PTSD), premenstrual dysphoric disorder (PMDD), anxiety and depression, psychosis, eating disorders, polycystic ovarian syndrome, and the impact of family violence.
- **Midlife Module:**
  Addresses mental health concerns such as perimenopausal and menopausal depression, cognitive changes, eating disorders, addiction, psychosis, and family violence. This module was supported by the Debbie Gaunt Foundation.
- **Perinatal Module:**
  Focuses on mental health challenges during the perinatal period, including perinatal depression, postnatal psychosis, and other mood disorders that may emerge or recur during pregnancy and after childbirth.

2024 IMPACT

In the past year, the course has significantly contributed to building the capacity of healthcare professionals in providing high-quality, gender-sensitive mental health care. The flexible delivery model has made the course widely accessible, supporting clinicians from a range of disciplines and geographic locations.

By incorporating the biological, psychological, and social determinants unique to women's mental health, the course continues to enhance early identification, risk assessment, and appropriate intervention strategies.

The Women's Mental Health Online Short Course at HER Centre Australia represents a vital educational resource for health professionals aiming to improve outcomes for women. In 2024, the course continued to grow in reach and impact, equipping practitioners with the knowledge required to deliver empathetic, effective mental health care tailored to women's lived experiences.

Learn more:

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THE SECOND ASIA-PACIFIC CONFERENCE ON WOMEN'S MENTAL HEALTH (APWMH)

THE SECOND ASIA-PACIFIC CONFERENCE ON
WOMEN'S MENTAL HEALTH
BOUNDLESS
Hosted by HER Centre Australia

The Second Asia-Pacific Conference on Women's Mental Health was held over three days at the Hotel Chadstone in 2024, with the theme of "Boundless: Redefining the Future of Women's Mental Health".

Providing an invaluable platform for learning, networking, and insights on women's mental health, the 2024 APWMH Conference welcomed a total of 263 general attendees to engage with 37 presentations.

Highlights of the blockbuster event included:

- Keynote speaker Grace Tame, in conversation with Professor Jayashri Kulkarni AM
- Senator Larissa Waters discussing the results of the Federal Senate inquiry into issues related to menopause and perimenopause
- Professor Jayashri Kulkarni AM, Associate Professor Caroline Gurvich and Doctor Eveline Mu sharing insights into research being conducted at HER Centre Australia

Redefining the Future of Women's Mental Health

BOUNDLESS

MEDIA & COMMUNITY ENGAGEMENT

Media and community outreach were strong areas of focus for HER Centre Australia and its experts in 2024, culminating in a number of appearances and opportunities throughout the year with publications and outlets such as *Guardian Australia*, *ABC News Australia*, *The Herald Sun*, *7 News Australia*, and more.

Notable examples include:

- 'What is premenstrual dysphoric disorder? And how is it different to PMS?', *The Conversation*, Professor Jayashri Kulkarni AM & Doctor Eveline Mu
- 'Does menopause hormone therapy increase or decrease your risk of dementia? Here's the science', *The Conversation*, A/Prof Caroline Gurvich, Dr Rachel Furey & A/Prof Samantha Loi
- Episode: 'ADHD, Menopause and Brain Fog' (podcast), *All About You with Dr Shauna Watts*
- Episode: 'The hot truth about perimenopause and mental health', Ladies, We Need to Talk (podcast), *ABC News Australia*
- 'Why are girls suffering so much right now? The problem is bigger than you think', *ABC News Australia*, Professor Jayashri Kulkarni AM
- Episode: 'Jayashri Kulkarni: Our Hormones & Our Minds', Conversations (podcast), *ABC News Australia*
- 'Is this actually PTSD? Clinicians divided over redefining borderline personality disorder', *Guardian Australia*
- 'They were healthy, then a brain injury triggered anorexia', *Herald Sun*

2024 saw members of the HER Centre Australia team contributing to a variety of community engagement efforts such as with its 2024 International Women's Day installation (pictured below), public lectures, fundraising events and more.

SECTION FIVE

Staff of HER Centre Australia

PROFESSOR
JAYASHRI KULKARNI AM
MBBS, MPM, FRANZCP, PhD, FAHMS

DIRECTOR
HER Centre Australia
Multidisciplinary Alfred Psychiatry
Research Centre (MAPrc)
HEAD
Department of Psychiatry, School of Translational
Medicine (STM), Monash University

Professor Jayashri Kulkarni AM graduated in Medicine from Monash University in 1981 and became a Fellow of the College of Psychiatrists in 1988, before commencing her appointment as Professor of Psychiatry at The Alfred and Monash University in 2002.

Professor Kulkarni is the founder and director of two research centres, HER Centre Australia and the Multidisciplinary Alfred Psychiatry Research Centre (MAPrc), and is also Head of the Department of Psychiatry within Monash University's School of Translational Medicine (STM).

In the course of her decades-long career, Professor Kulkarni has developed an international reputation for conducting ground-breaking clinical research in mental health, and is acknowledged as a global leader and expert in the field of Women's Mental Health. Professor Kulkarni is particularly renowned for her innovative work on the relationship(s) between reproductive hormones and mental illness, having led world-first research in hormones and mental health that has directly informed the development of new treatments for women with mental ill-health.

In 2019, Professor Kulkarni received an Order of Australia (AM) for her services to Medicine, and would go on to develop and launch Australia's first women's mental health hospital at Cabrini Health in September 2021. In 2024, Professor Kulkarni was the recipient of two prestigious awards from The Royal Australian and New Zealand College of Psychiatrists (RANZCP), being awarded the Ian Simpson Award for "most outstanding contributions to clinical psychiatry through service to patients and the community" and the RANZCP Senior Research Award for "the most significant contribution to psychiatric research in Australia and Aotearoa New Zealand over the preceding five years".

Professor Kulkarni also served as a key contributor to the Australian Federal Government's landmark Senate Inquiry into issues related to Perimenopause and Menopause in 2024, which led to a final report putting forth a total of twenty five recommendations to address ongoing obstacles and challenges negatively contributing to the quality of life for women experiencing menopause and/or perimenopause.

ASSOCIATE PROFESSOR CAROLINE GURVICH

BA/BSc(Hons), DPsych, FCCN

DEPUTY DIRECTOR
HER Centre Australia
ASSOCIATE PROFESSOR
Department of Psychiatry, School of Translational Medicine (STM), Monash University

A/Prof Caroline Gurvich is an Associate Professor, a Clinical Neuropsychologist and a happy mother to three children. She has been working in the field of adult mental health for over two decades in a research and clinical capacity, and has a particular interest in how sex hormones can influence the brain, behaviour and cognition.

Caroline serves as the Deputy Director of HER Centre Australia and Head of the Cognition and Hormones Group, as well as holding the role of Chair of the Victorian College of Clinical Neuropsychologists and working in private practice as a Clinical Neuropsychologist.

Caroline's research interests are related to characterising and understanding cognition in the field of mental illness, and she is particularly interested in the role of sex hormones in cognitive functioning in women's mental health and illness. Caroline has over 100 publications that have contributed to a better understanding of cognition in mental health and mental illness, and she continues to advocate for a better understanding of the symptoms of brain fog during menopause and for the development of cognitive strategies to help people maximise their cognitive function.

ANTHONY DE CASTELLA

SENIOR RESEARCH FELLOW, RESEARCH AND BUSINESS MANAGER
HER Centre Australia
Multidisciplinary Alfred Psychiatry Research Centre (MAPrc)

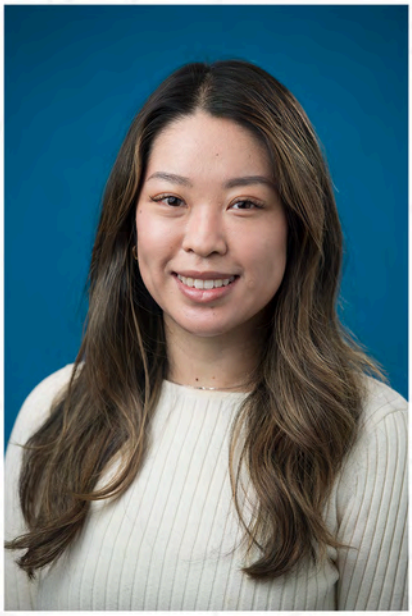
Anthony de Castella serves as Manager and Senior Research Fellow within the Monash University Department of Psychiatry (STM) and its two affiliated research centres – The Multidisciplinary Alfred Psychiatry research centre (MAPrc), and HER Centre Australia.

For over three decades, Anthony has been privileged to work alongside Professor Jayashri Kulkarni AM, and the many inspirational and talented researchers and students who have worked in the department. Inspired by their dedication and passion, Anthony's role is primarily to support the researchers, students and other department personnel to enhance their capacities to positively impact on the lives of people living with mental illness.

Anthony is responsible for staff recruitment and management, budgeting and financial performance, facilities and equipment management, as well as strategic planning and implementation. With qualifications in Applied Science (Nursing, Psychology and Psychophysiology), Anthony also directly contributes to research activities within the department and has been the recipient of research grants from government, philanthropy (including the Australian Rotary Health research Fund) and industry.

He continues to contribute to the publication of project outcomes in peer reviewed journals and has presented at both national and international conferences. Anthony also actively supports the fundraising, community engagement and marketing within the department and has coordinated the organisation of conferences, workshops, public lectures, fundraising events and more.

DR EVELINE MU



BSc BHSc(Hons), PhD

RESEARCH FELLOW & RESEARCH MANAGER

HER Centre Australia
Multidisciplinary Alfred Psychiatry
Research Centre (MAPrc)

Dr Eveline Mu is a research fellow and manager at HER Centre Australia, Monash University, and is an interdisciplinary neuroscientist working between the fields of cognitive neuroscience and clinical psychiatric research.

Dr Mu was awarded her PhD from Swinburne University, with her PhD research utilising electroencephalogram (EEG) to better understand the early visual processing in the broader autistic phenotype. Her work showed that neurotypical adults displaying higher autistic tendencies demonstrate similar electrophysiological signatures to those with clinical autism spectrum disorder (ASD) and the promise of oxytocin in improving attention in ASD. Subsequently, her thesis was nominated for the Iain Wallace Medal in 2021.

She is an early career representative on numerous committees, including as co-chair of the Monash University School of Translational Medicine's EMCR Committee, the School of Translational Medicine's Executive Committee, the Faculty of Medicine, Nursing and Health Science ECR Committee, and Biological Psychiatry Australia. She was also on the scientific and local organising committee for the 2024 Asia-Pacific Conference on Women's Mental Health.

EMORFIA GAVRILIDIS

SENIOR CLINICAL TRIALS MANAGER

HER Centre Australia
Multidisciplinary Alfred Psychiatry
Research Centre (MAPrc)

Emmy Gavrilidis is a highly experienced Senior Clinical Trials Manager with over 18 years of expertise in academic clinical research, specialising in both investigator-led and pharmaceutical-led clinical trials. She currently works across both MAPrc and HER Centre Australia, overseeing more than 20 clinical trials and leading a diverse and talented team of research and administrative staff while also playing a pivotal role in strategic and operational processes to ensure the centre's growth and success in research, teaching, and engagement. Throughout her career, she has held various roles – including Clinical Trials Coordinator, Senior Research Facilitation Officer, Program Coordinator, and Research Assistant at MAPrc, as well as Quality Assurance Officer – through which she has developed extensive skills in data collection, study coordination, research methodology, protocol development, and staff and student supervision.

She is an expert in conducting comprehensive clinical assessments, serving as a key site trainer in multiple assessment tools used across clinical trials at MAPrc, and has coordinated and managed several large international multi-centre research trials, collaborating with recruiting centres from around the world. Her extensive research experience includes facilitating communication between collaborators, liaising with internal and external stakeholders, preparing research grants, manuscripts, reports, and ethics submissions, managing budgeting and financial reporting, and has also been instrumental in streamlining clinical trial operations – particularly during challenging periods such as the COVID-19 pandemic. Emmy is also a key member of organising committees for numerous national and international conferences aimed at upskilling health practitioners in managing women's mental health throughout the lifespan.

MARIE IGLESIAS

CLINIC COORDINATOR

HER Centre Australia
Multidisciplinary Alfred Psychiatry
Research Centre (MAPrc)

Marie Iglesias has a background in Business Management, having previously worked at Melbourne University for a career spanning thirty years as a Business Manager and as a Purchasing Manager.

Marie joined MAPrc in March 2020 as Executive Assistant to Professor Kulkarni and in May 2022 became clinic coordinator for The Women's Mental Health Clinic at the centre, serving as the key liaison between healthcare specialists and patients of the clinic. Her role also involves managing customer relations, maintaining healthcare databases, and coordinating day-to-day operations of the clinic. Marie also manages the relevant administrative functions, including critical billing activities, reconciliations, and period-end closures. Marie enjoys working in this collaborative and progressive clinical setting which prioritises commitment to quality patient outcomes. Managing a busy specialist clinic requires strong organisational skills, flexibility and problem-solving skills which are the key attributes Marie possesses, as she strives to ensure that patients with complex clinical needs feel supported at the practice.

DR LEO CHEN

MBBS, MPsych, PhD, FRANZCP, AFRACMA

SENIOR RESEARCH FELLOW AND HEAD, BRAIN STIMULATION LAB,

HER Centre Australia
Multidisciplinary Alfred Psychiatry
Research Centre (MAPrc)

Dr Leo Chen is a psychiatrist and neuroscientist working across clinical practice, research, and medical education. Dr Chen's passion for improving the quality and efficacy of treatments for persons living with mental illnesses is demonstrated by his extensive research, teaching, training, and professional leadership activities, which include his role as Head of the Brain Stimulation Lab at the Department of Psychiatry within Monash University's School of Translational Medicine and the Multidisciplinary Alfred Psychiatry research centre (MAPrc). Dr Chen's approach is built upon a foundation of collegiality and collaboration, believing that teamwork is essential for innovation and advancement, with Dr Chen and his team taking great pride in the solid collaborative networks they have identified and built with both local and international thought leaders.

Dr Chen has contributed to the field of Therapeutic Brain Stimulation, and has been recognised as an expert in TMS and its clinical applications globally. Dr Chen has featured as a guest speaker at multiple international conferences and on a number of expert panels, and was invited to lead a clinician's guide to treating depression with TMS that was accepted for publication in the American Journal of Psychiatry. Dr Chen also led an expert perspective article on the application of TMS in accelerated schedules, bringing together a consensus of leading European and North American experts in this topical field.

As the Director of Psychiatry Training at Alfred Health, Dr Chen plays a key leadership role in the education, training, research supervision and management of 70 medical doctors in the specialty of psychiatry, and oversees a team that works inclusively and cohesively with the Consumer and Carer Lived Experience Workforce at Alfred Mental and Addiction Health. Dr Chen has served on the International Clinical TMS Society (CTMSS) Education Committee, was elected Co-Chair of the CTMSS Training Committee and, in 2023, was awarded the CTMSS 'Outstanding Early Career Award'. Subsequently, in 2024, Dr Chen was elected to join the Board of Directors at the CTMSS, where he is the only serving Australian clinician-scientist.

DR ELIZABETH THOMAS

RESEARCH FELLOW AND MANAGER, BRAIN STIMULATION LAB

HER Centre Australia
Multidisciplinary Alfred Psychiatry Research Centre (MAPrc)

Dr Elizabeth Thomas completed her PhD in 2019 at Monash University and has since established herself as a leading researcher in brain stimulation and cognitive neuroscience. As Research Fellow and Brain Stimulation Lab manager, she oversees diverse research projects investigating cognitive deficits across various mental health conditions, including depression, anorexia nervosa, and premenstrual dysphoric disorder (PMDD). Dr Thomas specialises in cognitive neuroscience, with particular expertise in cognition, brain stimulation and women's mental health. While conventional treatments primarily target mood symptoms, cognitive deficits - including impairments in memory, attention, and executive function - often remain untreated, significantly impacting patients' daily functioning and quality of life. Through her research, Dr Thomas is working to bridge this treatment gap by investigating both the underlying mechanisms of cognitive impairment and developing innovative therapeutic approaches.

Her work includes leading the world's first study investigating transcranial magnetic stimulation (TMS) as a treatment for Premenstrual Dysphoric Disorder (PMDD), a severe cyclical mood disorder affecting 2-8% of women. This work has gained significant recognition, earning her the 2024 Top 4 Abstract Award at the Clinical TMS Society Annual Meeting in London. Her excellence in research has also been recognised through several other prestigious awards, including the 2021 Schizophrenia International Research Society (SIRS) Early Career Award, the 2022 Outstanding Review Editor Award from Frontiers in Global Women's Health, and semi-finalist positions for the 7News Victoria Young Achiever Leadership Award in both 2020 and 2021. With over 30 publications and more than 30 national and international conference presentations, her work continues to advance our understanding of cognitive deficits in mental health disorders.

DR LISANNE JENKINS

SENIOR RESEARCH FELLOW

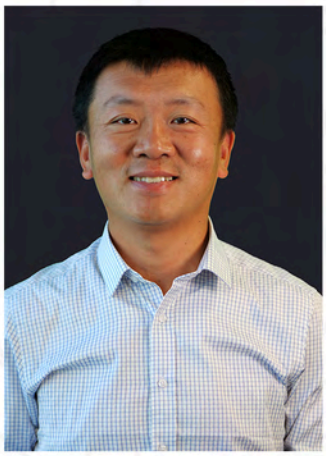
HER Centre Australia
Multidisciplinary Alfred Psychiatry Research Centre (MAPrc)

Dr Lisanne Jenkins is a Senior Research Fellow in the Brain Stimulation Lab of the Department of Psychiatry, within the School of Translational Medicine at Monash University, and an adjunct Assistant Professor in the Department of Psychiatry and Behavioral Sciences at Northwestern University, USA. As a part of the Brain Stimulation Lab, Dr Jenkins uses neuroimaging to derive individualized targets for Transcranial Magnetic Stimulation (TMS), with the Brain Stimulation Lab overseeing several clinical trials utilizing TMS.

In her work, Dr Jenkins applies her research interests in neuroimaging, neuropsychiatric symptoms of dementia and the reward network to come up with new projects and write new grants with collaborators within the department, and she is also working on her own R01 investigating neuroimaging and other predictors of future onset of non-suicidal self-injury in the ABCD dataset.

Dr Jenkins also serves as a senior member of the Bioinformatics Research in Artificial Intelligence and NeuroImaging (iBRAIN) lab in Monash University's Department of Neuroscience, and she continues to collaborate on multidisciplinary projects with psychiatrists, psychologists, neurologists, epidemiologists, radiologists, electrical engineers, bioengineers and more.

DR QI LI



BIOSTATISTICIAN AND RESEARCH FELLOW

HER Centre Australia
Multidisciplinary Alfred Psychiatry
Research Centre (MAPrc)

Dr Qi Li is an early career researcher in biostatistics, with a PhD in Statistics from RMIT University (2021) which was supported by both an NHMRC postgraduate scholarship and Australian Research Training Program scholarship. His doctoral research led to the development of a mobile diagnostic tool that significantly accelerated paediatric stroke diagnosis while reducing critical system errors during MET calls. He served as an MRI research officer at University of California, Davis, and applied advanced neuroimaging analytics to uncover brain biomarkers of cognitive change. Dr Li has also worked as a statistician at the National Stroke Research Institute, the Florey Institute of Neuroscience and Mental Health, and Murdoch Children's Research Institute. Since 2022, Dr Li has been a Research Fellow at the Multidisciplinary Alfred Psychiatry Research Centre and Monash University's Department of Psychiatry (STM) and leads the biostatistics platform, applying his extensive expertise in biostatistics, health analytics, and decision modelling across multiple large-scale clinical trials and a wide array of pre-clinical, clinical, imaging, and service evaluation studies in psychiatry and neuroscience.

DR EVA GREGERTSEN

RESEARCH FELLOW, LI-THRED

HER Centre Australia
Multidisciplinary Alfred Psychiatry
Research Centre (MAPrc)

Dr. Eva Gregertsen is a Research Fellow at the Li Transformative Hub for Research into Eating Disorders (Li-THRED) at HER Centre Australia, Monash University, where she is dedicated to advancing the understanding and treatment of eating disorders through innovative research. She holds a PhD in Clinical Psychology from University College London, with her doctoral research focusing on ambivalence towards recovery in anorexia nervosa treatment, explored through a longitudinal multi-site clinical study. At Li-THRED, Dr. Gregertsen helps facilitate several clinical trials led by Professor Jayashri Kulkarni AM, investigating biological treatments for anorexia nervosa. These studies aim to address hormonal and neurobiological factors contributing to the disorder, offering new avenues for treatment beyond traditional psychological approaches.

DR ROMI GOLDSCHLAGER

CONSULTANT PSYCHIATRIST AND RESEARCH FELLOW, LI-THRED

HER Centre Australia
Multidisciplinary Alfred Psychiatry
Research Centre (MAPrc)

Dr Romi Goldschlager is a mother, psychiatrist, PhD candidate and co-founder of Women in Psychiatry. She works as a psychiatrist specialising in complex trauma, eating disorders, chronic pain and psycho-oncology at the Women's Recovery Network (WREN), a state-wide mental health service for women, established from the Royal Commission into Victoria's Mental Health System. Dr Goldschlager also works as a consultant psychiatrist and researcher with the Li Transformative Hub for Research into Eating Disorders (Li-THRED) where, under the supervision of Prof. Jayashri Kulkarni AM, she is undertaking a PhD into treatments for Anorexia Nervosa and running a number of clinical trials focused on novel biological therapies for Anorexia. Romi is intensely passionate about women's rights and the destigmatisation and de-medicalisation of trauma in the mental health system.

DR SERA MANUELE

RESEARCH FELLOW

HER Centre Australia
Multidisciplinary Alfred Psychiatry
Research Centre (MAPrc)

Dr Sera Manuele is a postdoctoral research fellow working with Dr Lisanne Jenkins and Dr Leo Chen in the Brain Stimulation Lab At the Department of Psychiatry (STM), Monash University. Sera's research focuses on child and adolescent neurodevelopment and mental health. She is particularly interested in parent-child attachment and the parent-family-child environment, and how this may influence offspring development.

DR ANDRIS CERINS

RESEARCH FELLOW

HER Centre Australia
Multidisciplinary Alfred Psychiatry
Research Centre (MAPrc)

Dr Cerins is a Research Fellow in the Clinical TMS Research Unit at the Multidisciplinary Alfred Psychiatry Research Centre where he is seeking to develop new brain stimulation protocols that will enhance the efficiency and efficacy of brain stimulation treatments. His PhD research investigated the neurophysiology of brain stimulation, and how brain change might be supported by stimulating distinct brain circuits. Dr Cerins' research utilises direct experimental work, pharmacological perspectives, and mathematical modelling of brain circuits to understand how the brain changes in response to stimulation. This understanding will be used to develop and trial novel brain stimulation techniques that might have greater therapeutic impact in treating psychiatric conditions. Dr Cerins has worked across TMS clinical trials for cervical dystonia and autism spectrum disorder, where he trained research staff in MRI-derived precision targeting of TMS treatment. In the TMS Clinical Research Unit Dr Cerins works on clinical trials in depression, premenstrual dysphoric disorder, and Anorexia Nervosa.

DR REBECCA HO

MEDICAL OFFICER

HER Centre Australia
Multidisciplinary Alfred Psychiatry
Research Centre (MAPrc)

Dr Rebecca Ho currently works at the Multidisciplinary Alfred Psychiatry research centre (MAPrc) as a Principal Investigator and Medical Officer in the Therapeutics Trials Team. Graduating from the Monash University Biomedicine Scholars Program in 2015, Dr Rebecca Ho went on to complete postgraduate medical training at Melbourne University, earning her medical degree in 2019. Throughout their career, Dr Ho has gained diverse experience working as a general medical doctor in both metropolitan and rural hospitals, providing compassionate care to a broad range of patients. Driven by a deep commitment to healthcare equity, Dr Rebecca Ho has always strived to address disparities in medical access and care. Their current focus is on mental health research, where they aim to contribute to meaningful changes for marginalized groups often overlooked in the mainstream healthcare system. With a passion for improving mental health services and outcomes, Dr Rebecca Ho continues to advocate for those who face barriers to care, working towards a future where mental health is given the attention and resources it deserves.

RESEARCH STAFF

Prue Read
Research Nurse

Marta Malicka
Research Assistant
– WMH

Ebony Rauer
Research Assistant
– WMH

Amanda Karagiannidis
Research Assistant
– WMH

Lucy Ingleby
Research Assistant
– WMH

Ella Plant
Research Assistant
– Li-THRED

Cindy Yu
Mental Health Dietitian – Li-THRED

Elyssa Osianlis
Research Assistant – WMH

Violet Francis
Research Nurse – Brain Stimulation Lab

Dr Chitra Vinnakota
Research Assistant – Brain Stimulation Lab

Mimi Truong
Research Assistant – Brain Stimulation Lab

ADMINISTRATIVE STAFF

Robyn Johnston
Personal Assistant to
Anthony de Castella
& Receptionist

Marie Iglesias
Executive Assistant to
Prof Jayashri Kulkarni AM

Anne Crawford
Student Administrative
Officer/MD Clinical Site
Administrator

James Cutler
Communications Manager
& Senior Project Officer

STUDENTS – 2024

Honours

Olivia Vines (BSc)

Ernest Hung (BMedSci)

Thamodya Jayamanna Mohottige (BSc)

Sheereen Aftab (BBioMed)

PhD

Elyssa Osianlis
Supervised by: Caroline Gurvich, Elizabeth Thomas and Lisanne Jenkins
Thesis Title: Investigating ADHD in females across the lifespan

Carolyn Breadon
Supervised by Professor Jayashri Kulkarni
Thesis Title: Perinatal Psychiatry

Chen Zhu
Supervised by A/Prof Caroline Gurvich, Dr. Lizzie Thomas, Qi Li and Dr Shalini Arunogiri
Thesis title: Cognition during menopause

Harjit Surindera Bagga
Supervised by A/Prof Caroline Gurvich and Dr Shalini Arunogiri
Thesis Title: Transgender mental health and cognition

A/Prof Anne Powell (MBBS, BMedSci(hons), MClinEd, FRACP)
Supervised by Professor Jayashri Kulkarni, A/Prof Caroline Gurvich, and Dr Lyndal Bugeja
Thesis Title: The impact of burnout on medical education

Emma Cholokians
Supervised by A/Prof Caroline Gurvich, Dr Leo Chen and Dr Lizzie Thomas
Thesis Title: Impulsivity in Borderline Personality Disorder

Dr James Tranter MPsych, MBBS (Hons), BMedSci (Hons), AFRACMA
Supervised by Professor Jayashri Kulkarni
Thesis Title: Reputation and Reputational Risk in Psychiatric Practice

Kirsten Gainsford
Supervised by Prof Kate Hoy (Main); Prof Paul Ftizgerald, Dr Aron Hill, A/Prof Bernadette Fitzgibbon and A/Prof Caroline Gurvich
Thesis Title: Social Cognition in schizophrenia

Tanya Gilmartins
Supervised by A/Prof Gemma Sharp (main), co-supervised by A/Prof Caroline Gurvich.
Thesis Title: Personality and Eating Disorder

Dinuli Nilaweera
Supervised by A/Prof Joanna Ryan; co-supervised by A/Prof Caroline Gurvich.
Thesis Title: The Association between adverse events across the lifespan and later-life health outcomes

Jessica Michael (BSc(Hons), BA/BSc)
Supervised by Prof Kate Hoy (Main); Prof Paul Fitzgerald, A/Prof Bernadette Fitzgibbon, Dr Manreena Kaur and Dr Eveline Mu
Thesis title: Investigating neurophysiological markers of attentional control across the anxiety spectrum using electroencephalogram and transcranial alternating current stimulation

Melissa Ciardulli
Supervised by Prof. Jayashri Kulkarni, Dr Eveline Mu, Dr Roisin McNaney, Dr Benjamin Tag
Thesis title: Context aware interventions for women experiencing complex trauma disorders

Dr Romi Goldschlager
Supervised by Prof. Jayashri Kulkarni and Dr Eveline Mu
Thesis title: Novel clinical treatments focuses for anorexia nervosa, zinc and ADHD

MBBS - 5th Year SIPs

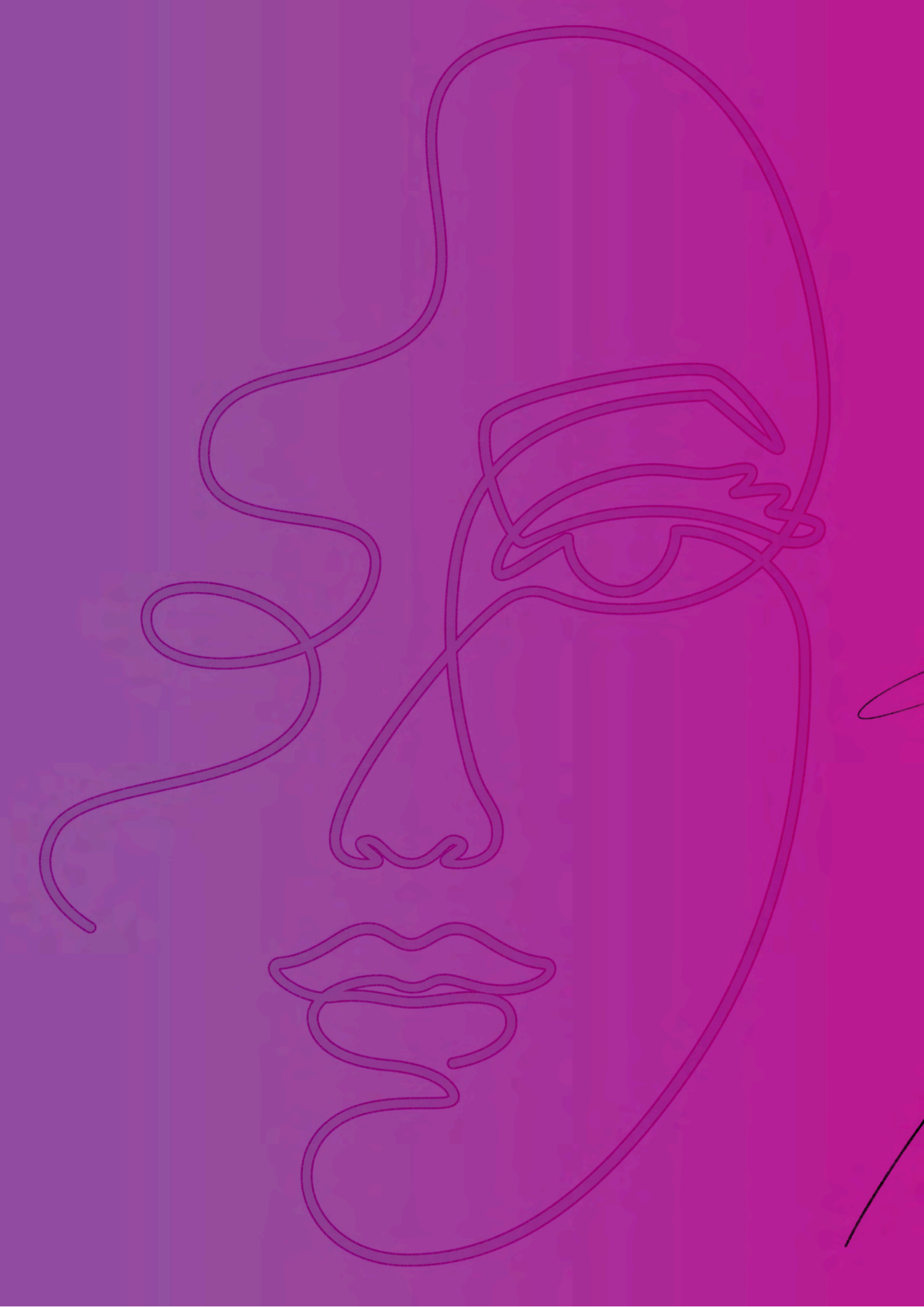
(supervised by Prof Jayashri Kulkarni AM and Dr Eveline Mu)

Virginia Su
Tori Ann Black
Charles Lin
Chris Foo
Joshua Nguyen
Borin Sok

Other Research Project Supervision

Dominic Canale - Psychiatry Registrar Research Project
(Supervised by Prof Jayashri Kulkarni AM)

DEBBIE GA
FOUNDATION
2024
Centre Australia
Ten Thousand Dollars
NOT
Foundation



SECTION SIX

2024 Financial Report – HER Centre Australia

GRANTS – 2024

- **Safety of Antidepressants in Pregnancy - One Year Follow-Up**
  $72,980.40 (AUD)
  1/01/25 — 1/01/26
  Principal Investigator: Professor Jayashri Kulkarni AM
  Associate Investigator:
  Dr Eveline Mu, Dr Qi Li, Anthony de Castella
  Funder: Norman Beischer Medical Research Foundation

- **A Pilot Study of Transcranial Magnetic Stimulation to Treat Postnatal Depression and Support Mother-Baby Bonding**
  $73,000 (AUD)
  1/01/25 — 1/01/26
  Principal Investigator: Professor Jayashri Kulkarni AM
  Associate Investigators:
  Dr Eveline Mu, Dr Leo Chen, Dr Lizzie Thomas
  Funder: Norman Beischer Medical Research Foundation

- **Amber's Alert - The Objective Diagnosis of Early Psychosis**
  $150,000 (AUD)
  1/07/24 — 30/06/25
  Principal Investigator: Professor Jayashri Kulkarni AM
  Associate Investigators:
  A/Prof Caroline Gurvich, Dr Eveline Mu, Anthony de Castella
  Funder: Australian Communities Foundation

- **Support for the Li Transformative Hub for Research into Eating Disorders**
  $100,000 (AUD)
  1/02/24 — 1/07/24
  Principal Investigator: Professor Jayashri Kulkarni AM
  Associate Investigators:
  Dr Leo Chen, Dr Eva Gregertsen, Anthony de Castella
  Funder: Kinsella Conolly Foundation Pty Ltd

- **Investigating the composition of motor volleys directed to the hand during transcranial magnetic stimulation of the motor cortex**
  $25,000 (AUD)
  Principal Investigator: Doctor Andris Cerins
  Associate Investigators:
  Dr Leo Chen, Prof. Vaughan Macefield, Donggyu Rim, Brendan McCarthy
  Funder: Department of Neuroscience, Monash University

- **Safety of Antidepressants in Pregnancy – Desperate Need for a Three Year Prospective Trial**
  $70,000 (AUD)
  25/03/24 — 25/03/25
  Principal Investigator: Professor Jayashri Kulkarni AM
  Associate Investigator:
  Dr Eveline Mu, Anthony de Castella
  Funder: Norman Beischer Medical Research Foundation

- **THRED: THRED - Transformative Hub for Research in Eating Disorders**
  $1,000,000 (AUD)
  15/04/23 — 15/04/25
  Principal Investigator: Professor Jayashri Kulkarni AM
  Associate Investigators:
  A/Prof Caroline Gurvich, Dr Eveline Mu, Dr Leo Chen, Anthony de Castella
  Funder: David & Angela Li Foundation

- **The Alison Project Stage II - An Enduring Legacy of Improving Lives**
  $104,000 (AUD)
  30/04/23 — 30/04/25
  Principal Investigator: Professor Jayashri Kulkarni AM
  Associate Investigators:
  Dr Eveline Mu, Anthony de Castella
  Funder: Trustee for The Alison Wolinski Foundation

- **Establishment of the Bluesky Brain Stimulation Team**
  $3,237,000 + $13,000 (AUD)
  6/06/22 — 31/12/27
  Principal Investigator: Dr Leo Chen
  Associate Investigators:
  Prof Jayashri Kulkarni AM, Anthony de Castella, Dr Lizzie Thomas
  Funder: Trustee for Blue Sky Foundation

AWARDS – 2024

The Ian Simpson Award

for "the most outstanding contributions to clinical psychiatry through service to patients and the community"
Awarded to
Professor Jayashri Kulkarni AM
On behalf of
The Royal Australian and New Zealand College of Psychiatrists (RANZCP)

The RANZCP Senior Research Award

for "the most significant contribution to psychiatric research in Australia and Aotearoa New Zealand over the preceding five years"
Awarded to
Professor Jayashri Kulkarni AM
On behalf of
The Royal Australian and New Zealand College of Psychiatrists (RANZCP)

The Cabrini Health Research Forum Early Career Researcher Award

Awarded to
Doctor Eveline Mu
On behalf of
Cabrini Health

The Multidisciplinary Alfred Psychiatry Research Centre Prize for Psychiatry Research

Awarded to
Doctor Lauren Chiu
On behalf of
Alfred Research Alliance

FINANCIAL REPORT

Her Centre Australia, as a Centre within the School of Translational Medicine, Faculty Medicine, Nursing & Health Sciences, Monash University has three main roles, with revenue streams for each.

Health Service provision – the women's mental health clinic – which runs one day per week, had a 2024 revenue of $39,935.55.

Education services revenue in 2024 includes medical student teaching, doctoral and other higher degree teaching and our short course on women's mental health, with a total yearly revenue of $1,266,437.62.

Research funding includes NHMRC grant funding, Victorian State Government grants, commercial research funding & philanthropic grants, totalling $4,472,399.56.

Other general revenue includes fund raising and partnerships, totalling $138,777.42.

Hence the total revenue for 2024 was $5,917,550.15.

The main expenditure is for staff salaries, which includes mainly senior researchers and research assistants, plus on-costs and in 2024 totalled $3,801,825.91.

Direct research costs includes laboratory investigations, investigational medications for clinical trials, computing and brain stimulation research equipment costs totalled $353,065.71.

Additional institutional costs and overheads make the total expenditure cost $5,837,122.69

Overall, for 2024, we had a net positive result of $80,427.46.

REVENUE CATEGORY	2024
HIGHER DEGREE SUPERVISION AND TEACHING	$1,037,777.62
COMPETITIVE RESEARCH GRANT FUNDING	$580,608.11
COMMERCIAL RESEARCH FUNDING	$618,817.50
GOVERNMENT/INSTITUTIONAL GRANTS	$2,045,973.95
PHILANTHROPIC GRANTS	$1,227,000.00
SHORT COURSES/CONFERENCES	$228,660.00
MAPRC CLINICS REVENUE	$39,935.55
FUNDRAISING AND DONATIONS	$133,686.55
PARTNERSHIPS	$5,090.87
Total	**$5,917,550.15**

EXPENSE CATEGORY	2024
SALARY RELATED COSTS	$3,801,825.91
INFRASTRUCTURE/ADMINISTRATION	$428,577.05
DIRECT RESEARCH COSTS	$353,065.71
DEPRECIATION	$30,979.54
INSTITUTIONAL OVERHEADS AND CHARGES	$1,222,674.48
Total	**$5,837,122.69**

NET SURPLUS/ (DEFICIT)	$80,427.46

Professor Kulkarni has won a prestigious NHMRC L3 Investigator Grant that begins paying in 2026, which is already a positive forecast for our budget. Our commercial research plans are expanding, which will increase this revenue, while the Government grants, philanthropic grants and medical student teaching funds remain secure. We plan to expand our fund-raising efforts in 2026 and beyond.

Overall, our budget prediction is for increased growth over the forthcoming years.

THANKYOU

HER Centre Australia extends its deepest thanks and gratitude to all of its supporters, partners and collaborators for their invaluable contributions to our work in 2024, and wishes to particularly acknowledge the contributions, strength and courage of all women living with mental ill-health.

HER CENTRE AUSTRALIA
Health. Education. Research.
Leaders in Women's Mental Health